

the first (Cass) is  
know what herbs is  
for every trouble: pain  
and Diseases which Befall  
man

85. H. 2

2 what herbs is for healing  
sores

A: make this herb with  
Sweet butter: Bee wax and  
on wrought Rye <sup>March made</sup>  
wood and lives. blow <sup>blow</sup> <sup>blow</sup>  
what gotten root <sup>particular</sup> <sup>particular</sup>  
Camel berry lives. 2 figes of  
man comenly called strypt  
grass: hander left grass: Ar  
grass: Camfory: grand Oum  
plantene life orpy: beentim  
hourseek: celled fust: yree  
calle: cammemoil lives  
moringoold flower: inward rim  
of the barberry tree: ok life  
inward bark of the elm tree  
inward bark of bountry flon of  
Kettles in the <sup>in the</sup> <sup>in the</sup>  
turner that: <sup>in the</sup> <sup>in the</sup>  
lournal: <sup>in the</sup> <sup>in the</sup>





stone veron of the sun: figs  
blads of mace sliced liquer  
nittles: groundaivy: plantain life: may.

2 what herbs is for the bloody  
flux

A tor mantill: inward rind of  
Barberry tree: Arch Angle  
catted day nettle: ok life  
winter greens primroses  
Slee throne bark: piony royal  
tannce:

2 what herbs is for the feet or  
fallen sickness

foox glove: st john wort hyssop  
sage: garlicke gar hag berry bark  
Aggrimony: tancie

2 what herbs is for the secorse  
or full blood

~~valerian the mungwort balt~~  
A tree fool scrubby grass: inward  
bark of the Barberry tree. Blood wort  
water penny: denty lyon:  
wormwood: mar ery sage  
groundaivy hag berry bark  
fox radish <sup>midew grass</sup>  
livergrass: Aggrimony  
rody upon the ok butry crop  
the fitch

Q what herbs is for the gravel

A Nettle roots: march mallow  
Annet seeds: maiden heir st  
john wort parsley: cammivill  
ok lefe garlick the green  
weed of the sea paper mint

+ Q what herbs is for inward pines

A maiden heir: lady's mantill  
Nettles: Rue faderfully  
parsly: tree fool: hyson garlick  
tobacow: bur Docken seeds:

+ Q what herbs is for the yellow gander

A <sup>Salitain</sup> chicken weed: grand small  
meg worts king tongue warm wood  
ivy round ok tree: garlick <sup>barbery</sup>  
(Arbshap) strabers live dentlayon  
<sup>groundsel</sup>

+ Q what herbs is for jullen down  
+ colds for breast back sides or  
joints

hyson: fish lagow: maiden heir.  
meringold: Rue garlick

tree fool: faderfully tobacow  
mallows malinsity X

A superin choue for root or herb  
might be used for all these

2 what herbs is for vomiten  
+ or spitting of blood

A Nettles: sage St John wort  
Knot grass: ok leaf or the inward  
rind: spir mint

2 what herbs is for to prevent  
+ the plague or pestilence fevers  
or any other Regions & capps

A Elder lives Red breer lives  
Red sage Rue: garlick  
barberry lives or inward bark  
Agrimony: ivy berries dried  
in powder taken in plantane  
water

2 what herbs is for drink with  
+ or in water or eating poisonous  
herbs

A. Rue: St John wort: garlick

2 what herbs is for inward  
+ bleedings

A Nettles plantan lives gage  
sage maiden her: St John wort  
lady's mantill X

2 what herbs is for men to take when  
+ are not so constrained for want of women  
Stutsan Root Carduus marianus



what herbs is for clearing the  
sight or taking away dimness  
of the eyes

A meringold water Rue water  
eye bright <sup>plantain</sup> lim Rue water  
or meadow <sup>herb</sup> water: hyson water  
sand-lone water Cent seed water  
Red vinon water Rosmary water  
house leek water Red fennel water  
wal ink rough thro the hage  
low opion <sup>peas</sup> put to the  
Row Baum Chove mace long paper  
Eyes is good for clearing the  
sight. lilly of the vally celidon  
fennel vervaine silver-mountain

What herbs is for the plague  
A suffer <sup>tabacow</sup>  
Guy lives St John wort  
mustard seed: hyson <sup>salutiferes</sup> maiden hair  
tormantill: Dives bit: tree: sage: corval

What herbs is dangerous for a  
~~man~~ women to take when she is with  
child list the part with it

A bitter Apple: the saving  
tree: <sup>Rosmary</sup> Stutsan Rings: bad many ball:  
white mustard seed garlic

What herbs is for comforting  
the spirits of a man or woman in  
the time of melancholy

fox glove hyson <sup>herb</sup> if you  
dare to <sup>low</sup>: End <sup>herb</sup> becomes  
scitels <sup>herb</sup> or <sup>herb</sup>

82 what herbs to make the  
Sage: hyson: balm: <sup>foote glove</sup> grand daisy  
mint: <sup>agromony: nitroday</sup> cymoin Morcengold  
<sup>hundred life grass</sup> Deshlagow: lousage: endibe: bizzoa  
violets: letus: Scorzoneria roots: water lily

+2 what herbs for braver gotten  
falling

A Agrimony: Betony: Sage plant  
ivy: leaves: More: partly boiled  
wine and the doction drunk it  
is a notable remedy for such

+2 what herbs for recovery of voice

A the Juice of Sage and the Juice  
X of primroses and hold them in  
your mouth and you will see  
presently: Lilly of the valley

+2 what herbs for the Lepir sice

A doction of Tobacco or the green  
leaves of it Applied  
and take yellow lark or lues and  
boil it strongly with white wine  
vinegar and drink of it every  
morning and evening

+2 what herbs for binding and easing sleep

A crude opium: mandrakes: henbane  
Neglit shad: Quinas: modlers  $\frac{1}{2}$  milk  
what yearts is for yerning  
Nettles roots laddiebed Strag



# the second part

2 what herbs is for to make  
strang thing plaster

A make thes herbs with sweet  
biter beewax w<sup>n</sup> wrought Roze.  
take white goan root: beandrd  
flours: cammicioil: grandaury  
100x tree fefe brimflours

2 what herbs is for to make an saa  
for the ick

A white docken root:  
Red roses: tobacow livers  
<sup>herbs radde is high tree foot</sup>  
with Sweet biter Crumstone  
and beewax. <sup>Megapen: Ketteren</sup>  
parsly root: boild with batter

3 what herbs is for Rons running

take parsnips and the force of  
ok Aples or the loes boild x  
thes with milk and drink  
the doction of it

2 what herb is for blystering  
marow grass: Reed oim  
garlick little good: solomon sell  
mustard



102 what herbs is for the drop sicke

A wormwood Snyson: brum

X roots: make there in to sirge  
marcy

2 what herbs is for filling one  
drounk

X dormel: lobacow: worm wood  
brum tars: tree fool

2 what herbs is for reptures or  
+ Crustings in children

leds mantill dry in to powder  
Rupture wort

and the powder taken in destill

X water every morning

and anoint out wardly the bo  
with the oil of lizards

2 what herbs is for to make care cleare

A the juice of sage: marjorann or  
cow slips pellitory of the wall

rosemary: and pepper and the oil

pepper and the oil of euphorbia

and boil them altogether and the  
wax enought to it

2 what herbs is best for march Bee

A tree fool: feader fool: spir min

grand-daisy: denty lyon: sage

what herbs is to make up a  
plaster for the palseie

A hyssop: Marjoram: St John wort  
Sage: Rue: Bay leaves: cloves: mace  
Nutmeg: red rose leaves: and add to  
them Spikenard: martich make them  
a plaster wise: and whenever the palseie  
By: then apply the plaster ther  
head or arms legs or sides

2 what herbs is for making syrups  
of Cordalls to seek persons

A: hyssop: sage Scurrewera roots  
benoar: balm: violets: Endive  
lettuce: water lillies

2 What herbs is for sniizen

Rhellebore: Red coll: Algonen  
Conity:

2 what herbs is for apen in the head

A benoly and Rue snuget up the  
Nose is good for the per in the head  
and the fitts of the mother  
also by drinking of sage worm  
wood: hyssop Rue the juice of  
herbane dropt in the ears is good  
for apen in the head and ddecep  
oint the head and temples with the  
oil of mace so shall you ther

2 3 what herbs is for womens for Bru

Bath often with Chicken weed boild  
with Sweet milk or grand Swallow  
or henbane or Cammell off John  
wort boill any of thes in Sweet  
and Sugar

+ 2 what herbs is for dissolving obstruc  
or gellings within

A Nettles roots marcury: Bru  
roots maiden hair haggberry bar

2 what herbs is for the Sternal  
pains

A Sederfully mustard seed  
maiden hair barbery rins ladsma  
Rue. tree foot Cammell

+ 2 what herbs is for the black  
gandies

A lake Chicken weed and  
grand Swallow and steep them in  
All 3 Another lake 3 Stue  
-mugs and tow ounce of white  
Shouges. and boill them in  
sack and drink every and  
morning (Artishab)

+ 2 what herbs is for Red face gotten by  
drinking cold water or any other  
liquor when you was warm

better Apple: the diction of  
 the woods: tree/ool blood wort  
 scrubby grass: liver grass: +  
 dentlyon: water porpy: row

2 what herb is for the eaggow  
 A drink of worm wood and X  
 Rue in New Alle partly

3 what herb is for the tooth eak  
 by hold it in your tooth

A ok tree & smely irsh ok  
 henbane: garlick tobacco + liver  
<sup>palitary</sup> Camphary: Red cool stem berry  
 Carbery tree or the liver of it with  
 water carries: hold the load some in yr

2 what herb is for killing  
 worms or any other beast in  
 the head By entering in at the ear  
 + the Juice of garlick the X  
 Juice of henbane dropt in the  
 ears

2 what herb is for the heart X  
 Burn

A House leek: Red cool: Red pell

2 what herb is for killing Boys  
 Grabs: lise or any of the  
 creatures

toobacow: worm wood: Rue  
and Boil them water very strong  
and anoint the bed stid or  
every where thy ar thus will  
kill and destroy them

2 what herb is for keep off  
venomous Beasts of your  
Herb

A plant Rue round your  
yardon and ther will no  
venomous beast will come  
Neer them

+ 2 what Herb is pishionous and  
so dangrous to take with

A Night-Shad: henbane  
<sup>corander</sup> oulf-bane: and <sup>plapey bane</sup> hernlock

2 what herbs is for to make dishes of  
or to saisen meets with

lathies: endive: purslain verjuice  
<sup>mint: radish: artich: bils: carpes: furell: Artichas</sup>  
Almond milk: pomgrates Raisons  
san- this is cool meets & Succory  
fennel: hyson: <sup>sparrowgrass</sup> matoram: sage: saor  
turneps: green call: calge: beets: pison  
savin &c. let this be sarsed with  
spice: Annet seeds: cummin seed  
cinamon <sup>gillmag</sup> ginger: cloves  
moringold: <sup>gillmag</sup> <sup>gillmag</sup>

2 what herbs is for to make snuff is  
both for Missing and farting

A hellebore: Red coll. Algyer  
bonity: and the eggs of imocks  
dried to powder all together or  
any other of thes herbs with  
the imocks eggs: rosmarry  
tobacco Jemacow paper

2 what herbs is for to render  
aman fruitfull that hath lost  
his moistur

A the Juice of turnips: the  
Juice of parnips: cornus  
demons: ploum demit  
Also the Juice of Pivers coks  
chipns

2 what herbs is for cooling the blood  
that is over heated

A tree fool: lever gras: blood-  
wort water-powrpy Scruby gras  
pilpodon upon the stone  
litties: parslan: water lillies: volits  
Jorrel: fumitory: endive

2 what herbs is for yerning milk  
A lady-bastard: rattle

16 Q what herbs is for to make the  
blood hote that is over cullid

A saige: marjorome: camomell:  
fennel: tiller of the valley: primrose  
madder here: horehound: cinamon:  
X mother of thyme: marigold: Gaum  
Rob marry: centaury: Agrimony  
organum: birth wort: water cardus  
worm wood: gentian Saxifrage  
Rhaddish: pellitory of the wall  
savin: penny royal: lovage  
hyssop: carpes singnes garlick  
likess ~~leech~~

Q what herbs is good for to make y<sup>e</sup>  
make water easy when you cannot  
get it

X Bur seed: heamp seed: marsh mallow  
Anmits seeds parslye: vervain water

Q what herbs is for to make the teeth  
fall out of your head

A the powder of the mulberry tree  
root being steeped in strong vinegar  
or ells roub your teeth with  
markeany: called Quick silver  
or ells make make a powder of farther  
worms: mice dung: and heres teell  
and the teeth will drop out when  
rubed with it



Q what herbs is for fering the teeth  
17  
Grill the roots of vervain in old  
wine: or Eells rother wort or Saig  
water or Saig life and wash your teeth  
with any of thes

Q what herbs is for a blasted face  
Squise out the Juice of treepoyal  
and anoint your face going to bed  
or Eells: politary: foxes glove  
pil podoun upon the rock

Q what herbs y for to take Red  
pimpels or Redness of the face

A dissolve treepoyal and wash your  
face morning and night with  
the water of it and this will take  
it away never to trouble you more  
or Eells Sallendine water

Q what herbs is for a shortness of  
breath

A Kettles root: gishlagew flous  
kison: Allegoeper: Julippa: Devils  
Annoits Seeds

Q what herbs is for to make  
women follow men

A Buldarry roots druded in  
to snuff: dry earth worms: with the heart



2 what herbs is for making  
broth

A Sauer: parslly: Sayes and  
a litle garden time  
green calle: likes and  
carites: and a litle mint.  
Cabbish: turnips: parslly: m  
pies: bitts: lilles and parslly  
and time: Spünge: panion  
marigold: Rasins: corin  
Spice and Nutmeg and  
Cinimon Sparengrap Colflowes

2 what herbs is for to make  
supp with the force of mi  
A parslly: Spünge: lilles: m  
Radishes bitts: Aytishus  
Almonds pomgrates Endi  
verd juice carpes

2 what herbs is for the  
gout

A the lilly of the vally  
Butry bark: row

2 what herbs is for a pin in the stone  
x'ye harte groundwry mint barm

How to make up several dishes  
of milt for a table. Besides  
Boiled milt and Rorlet milt  
Now to make a parratow pudden  
reet down on pound of  
parratow and steep in water  
for some time then Ad on pound  
of flour: and quarter a pound of  
louges making it up with  
sweet milk and on glass of  
spirits in it or if you wantet  
it strong put a quantity of  
brut or butter: let it be  
mad up in a earthen plect  
and set it in the oven or  
ell upon an iron shofel  
with red senders on it befor  
hot fire.

Now to make a ribe pudden  
take half a pound of ribs  
and half boile it in water  
and then strain them out and  
set it in a earthen plect  
and make it up with milk

<sup>20</sup> and a little flour in it and a quarter  
a pound of Shuger and on the  
mug and on glass of Spirits in

how to make a Raisin pudd  
take tow pund of flour: and  
half a pound of Rasins and  
Corrns: and a quarter a pound  
of Shuger and make it up in  
a earthen plait with milk

how to make a flour pudd  
take tow pund of flour and  
a quarter a pound of Shuger  
and make it up in a earthen  
plait with Sweet milk  
and pit on glass of Spirits

how to make pan cakes  
take tow pund of flour and  
six eggs and a quarter a pound  
of Shuger with as much Sweet  
milk as will make them in  
an ordner thiness

Can take a fraithen parry and <sup>24</sup>  
in a quantity of butler in it  
and then pit in a teak. uan by  
van and after they are tosted  
trinkle a litle shouger upon  
hem. . . .

ow to make an Apple tart  
ke on dixon of <sup>large Apples</sup> four Apples  
and slice them down: and take  
half a pound of shouger  
and on glass of spirits put them  
into an earthen plait and  
it a pis burd over the plait  
made with flour and put it  
in the oven. . . .

ow to make a grosit test  
ke on pint of green grosits  
and a quarter a pound of shouger  
and make it up in an earthen  
clait and put a pis burd of  
flour upon the head of the plait  
and put it in the oven

and when you make up your  
texts with any kind of flesh  
soice it will with butter: and  
sason it will with spice  
and cinimon

how to make a pies pudd  
take tow pound of white pie  
a half boill them in ~~the~~ water  
and then strin them out and  
rin a quarter a pound of  
salt butter and split it up  
them with a quarter a pound of  
shouger ~~put~~ thes all in to  
a earthen plait and put the  
plait in to an oven or els up  
and in a shoule befor the fire

how to make fine shouger biske  
take tow pound of fine flow  
and on ~~the~~ Dizon of eggs and  
half a pound of fine white  
shouger and 3 once of caru  
seeds and make all this

to a laiven with hot water  
and a litle Sweet barm 23  
but make the laiven almost  
as thine as if you were to  
make pan keks and put them  
spanfull by spanfull upon  
white iron girdle in the  
oven

How to make fine seed keks  
to take a Shave of it in the  
morning with a dram  
take 4 pound of flour and 2  
once of carve 2 once of anise  
seeds tow Nutmegs and tow  
once or rugl ginger 2  
once of cummin seeds  
then make up your laiven  
with on Chayen of traile  
and hot water: then put  
the laiven in to a stamp  
with letters in the botom  
of it and when you take  
it out of the wash it  
with traile and water  
and then put it in the oven

<sup>24</sup>  
How to make Irish Raron  
Exceeding fine

Spalder them and put a quan-  
tity of paper upon them and  
toast them slowly before the fire  
in a chise iron and flamm  
them open with salt butter

How to make hasty puddons  
take one pound of flour and  
boil it in sweet milk and  
a little quantity of Shouger  
in it: or to make it better  
put 4 eggs into it - - -

Another

Boil ote mil in milk or water  
and put a little quantity of  
salt butter in it and drop it  
to sweet milk or ell  
nother

il barley mill in fair water  
put salt butter into the  
flam and then sup it with  
sweet milk



Another take white bread <sup>25</sup> and  
mince it small and boill it in  
Sweet milk with a little Butter  
and shouger in it . . . . .

Another  
Boill wheet bread in Ale: and  
put a little quantity of Butter and  
shouger: and a glass or tow of  
Spirits in it . . . . .

How to make Rody a dish of hard  
fish: cut them in to pices and boill  
them well in water and then take  
out all the bones and mince the fish  
in pices and put them in to a earthen  
dialt and set the upon an iron  
thopel with red finders on it befor  
hot fire flaim them well with  
Butter and strinkle a little pepper  
upon them . . . . .

Another  
After you have boiled the fish well  
take out the bones and ~~put~~ them  
in to a ston plate and set the  
dialt upon the hot water and  
burn eggs boiled hard mince  
them down in to the fish and  
bein fine Butter and put it on  
them all over . . . . .



How to make up a dish of mince  
Collops: take a piece of fresh  
meat when it is not fat and  
mince it very small fry them  
well with salt butter in a frying  
pan with a little paper and  
that may

How to make a barley pudding  
take two pound of barley and  
boil it in water then strain  
of the water and put in  
Sweet milk in to it and  
a little flour and agur  
a pound of sugar and  
put the before the fire in  
a earthen pail and on  
a wooden shofal

How to make a parstator  
pudding: grate down a pound  
of parstator and sharr the  
water of an of them: put  
them in to an earthen pail  
and agur

the materials for destilling  
mettels: such as Lid: irn  
brace: copper: silver: gould  
pot-ashes: brayed glass:  
Chalkear: <sup>lead</sup> lime-stone: Rosen  
Gramston: Sulfur: Salpitter: Salt  
wax:

How to solder any thing together  
take a little bit of a thine copper  
or brace: and take a red hot iron  
and put a little tine and lead upon  
it and serve it with the red iron  
and then put it on the broken  
place and serve it well again  
with a little more tine upon it  
but it will not will do with  
old a little wrought rosen  
upon it.

the way and manner to  
make Acikvite to take  
asmuch water as ther is  
spirits and yet stand proof  
yet a litle quantity of  
Acikvite in the doubling

Another  
kipe yow doublings about  
5 or 6 weeks before you make  
them up and they will take  
half water - 2 pt in the  
doubling yet a litle green  
verdgreen

How to make london candy  
Boill shouger with in to  
a pain untill it be chugk  
and pour it upon a fownd  
skit and when it is cold  
it will draw or throw  
any shaft yow please

the way and manner  
summent any Boils Cysts  
Sappers or any other things  
that kind  
take the white of an egg  
and beat it to an oil and  
then put in a little brayed  
and white lime and this  
will summent any thing  
together

A most Excellent  
madice for severall  
troubles and disorders with  
take a good handfull of  
parsleage stamp them and beat  
them well in spring wall water  
and then streene the doctory  
thro a thine cloath: then put  
one the doctory a quarter of  
pound of brown shouger candy  
and half a muckken of flower  
oil and boile this altogether  
and take a good spoonfull more  
and more

Excellent medicines for  
thos Children that have  
got Skaith or blastings

take one panny worth of  
the viniger of roges and  
roob all ther joints tample  
soll of ther feet: loves fillit

<sup>2</sup>  
take one handfull of palotary  
roots boil it well in beas or  
All half in then strain  
it thro a cloath put it on  
the face again with brown  
sugar and take one  
spanfull morning and  
Night or low

<sup>3</sup>  
take 7 liues of fox tree lief  
and 7 strins of cow milk  
and tak a litle of it morn  
and Night

take sax tree leaf: plantain leaf  
whit quain root: brum flowers  
palotary root: boil all this with  
to gether with may butter or  
washed: and strain them thro  
a thine cloath in to a pound  
then roab tamped: joints  
fills foot of the foot: hands  
and loes -

32  
how to make leadils Sirup  
take a good handfull of  
Row and boil it well in  
Spring watter untill it be  
very strong and then streen  
out the yeards and put about  
30 drops of the oil of And  
about 3 tice spanfull given  
to a child is a present relief  
from many troubles

It cures all pines within  
such as colick: historick  
gravel pines craps in the  
guts: whistlings: stopings  
or worms colicks: or  
haives about the heart

a most excellent medicine  
for a set down cold take  
half a muchken of white  
wine vinegar and 2 quarters  
a pound of brown shouger  
boil this together



A choice maideice for<sup>33</sup>  
internal brusses or billins  
or getherings with in: or  
swellings or the dropice or  
great ut brakings in the skin  
take three course of marking  
and take saime purgen pills  
sum days befor hand and after  
you ar over with the course  
of the manery take fisick  
a choice washing ointment  
for sor runings and oundes.  
take the white of an eage and  
a litle flour and ro-marry  
water and beat this all together  
and put it on the fire and stir  
it till it be well boyled  
to couer any ound and take away  
the inflammation of it  
put to the gund woodbind lyes  
and it will be shun healed



34  
to bath anny ound with good  
whiskey one made up: and keep  
cloaths wath with the same  
will cure any ound now

---

What mativels is for making  
Eye water

Lapis-culaminaris  
Lapis-tutcae: white vittral  
rose water:

for burnings or scaldings <sup>35</sup>  
take the inward rins of ellam  
bark and boill it well in spring  
water untill it toorn and then  
strin of the bark and then  
<sup>put</sup> on the doction with salad  
oil and boill it a gine: and  
put it into a botil and anoint  
the soun often with a fathest  
this will take out both heat  
and pin and heal it

for want of this take boutry  
bark and do the same way

2 Anoint with Storax  
in a Lill water

take whit lead: hoggs lard: lint seed oil  
and bett all to gether to an ointment  
this is the whit ointment for burning  
3

take wheet bread and boill it with sweet  
milk <sup>put</sup> this to for 3 days this takes  
out the heat and pain and then heal  
it with delacoom or any helling salve  
4

take salad oil and boill in to couge or  
rot and anoint with it it will cure

How to lay great Swallowing on  
with any cund in legs or groins  
tak Spring water and steep  
on penny worth of the Shuger  
of lead in a botel of it and of this  
water pollices of white Bread

Another  
take tow poupen of Bran and  
boil it well in Spring water  
untill it be thugh and befor you  
take it of the fire put a wol  
cloth in it with the cloth  
wash the place with the Juice  
of it and put a lining cloth up  
on the cund and the same wolen  
cloth with the thickest of the same  
pollice of Bran to it over all the  
Swallowing and it will all in few  
hours be away

Another W Still price  
make pollices of children-weed and  
a little pame oil in it or camphire  
and this will shun lay the Swall-  
ing.

37  
An Exceellent medicine  
for thos that hath got a rash  
drink when warm and  
cased them to Swall from  
head to foot ~~~~~

first draw Blood & take  
a vomitar & take fisick &  
salts do this as often as  
you think need require  
and you will then be  
whole again ~~~~~

to a swage pins in the  
Wack of joints

take on muckhen of whiskey  
& pence worth of carstill  
up this upon the per. untill  
the soe be matted and bath  
often with this

374  
a most excellent  
madice for Broken  
Bons

take half a muchkin of  
white wine veniger: and  
a quarter a pound of sweet  
butter. Boil thes to an  
ointment and anoint  
the grived part with it

Another

Anoint with pinch brandy  
and car-still-son

how to dray up ounds or boils  
and to take away proud flesh

take brant Alm and fin white  
shuger mixe thes well together  
and put often a little of thes  
pouder upon the ound and it will  
be shune carred

the varrow of sea water  
for to bath with this water  
is most excellent good rematicke  
pains: sea eatick or thos that  
hath lost strength or pilling  
of legs or arms: it cures counds  
and blisters or sores  
Running drink morning  
and night of this salt water  
it clings the blood and  
purges the humours from it  
it purges and clings the  
stomack for gross humours  
that causeth many troubles  
and disorders it is good for  
the collick: hystericke: and  
gravil pines: it will greatly  
strengthening and restore weake  
and decayed children or  
any other it cures the  
bites of mad dogs or vipers

one Spoonful of salt water  
taken in the morning kills  
worms in children

<sup>2</sup>  
South rising water is good for  
bathing run ounds and curing  
them

<sup>3</sup>  
firick water is good for bathing  
and drinking for thos that hath  
the cròulls or universl running  
but not for dicays

<sup>4</sup>  
Take tar water is chife medicine  
for decayes consumption or weakeness  
within take one pint of Norway  
tar and put in three pints  
of Spring wall water let it  
steep 48 hours in a barral and  
then shair off the power water of  
the tar and bottle it up in bottle  
and take one Glass of it  
morning and evening  
and this will cure you  
if you ar not far gone in  
it ther is no other Remedy  
like it



what things is for <sup>39</sup>Clinging  
the throat and Cliring voice

Barly shouger: shouger candy:  
tablet: likours ball: muskhamons  
muskilooms:

Chioies madices for the ich  
I be war of eating salt meet  
or drinking spirits or any  
thing that makes the blood hot  
the mdices are thes  
take offe firick and Rube  
your thiges: luges: and erms  
with trouper's ointment  
commonly called Neet salve

Another  
make an ointment of salt  
Butter black sope and brist  
or black soe its self with  
Grinstone Another

Grinstone and salt butter  
Another  
gun powder and salt butter

## Another

take white docknes roots  
and slice them thine and boild  
them to an ointment with  
butler or hoges lard

a midice above<sup>all</sup> for the ich  
take white dockings roots boild thes  
wilt untill thy be consumed to the  
thicknes of hanny then squeeze out  
the Juice and then ad branstone.

black sop and fresh butter bet  
all thes together to an ointment  
and Rub your hands and legs  
three nights going to bed.

for a salve to make for the  
white scab in the head

take a good quantity of Alliggrin  
and and as much of white dockings  
roots slice them thine and boild them  
untill thy be consumed in to an  
ointment then ad a little salid  
oil and vinegar and the mass of  
berplaine and hoges lard or old  
tallow boild all thes together to  
a salve and when you have

the hair shorn off the head  
make a cap with a horn cloth  
and this ointment spread on it  
and put it upon the head untill  
the scab come of: and then bath it  
often with cow lice and it will  
be cured.

for a scabed head

wash your head with  
viniger and camiviel beet  
will together ther is nothing  
better for its

a most excellent medicine for  
cankers in any part of the body  
brunt salt: brunt sea shells:  
brunt Eggs shells: brunt Bones  
take all the ore anny of them  
and bruse them to a powder  
and mousen them with hunny  
and apply it to the grived  
place and let no waillery  
thing come to it it is good  
for the rose this powder is  
most excellent for the blood.

effluents or any sourness in the  
belly it is good for clearing the  
Stomack and easing pines  
within being mixed with  
white lye shouger boyled in  
Sweet milk or All  
this powder scented with lavender  
water and kept in your chist  
keeps moths and worms out  
of your chist and it gives your  
cloath a sweet fragirent smell  
A most excellent powder  
to make pills for all pines  
inwardly such as colick pines:  
gravel pines: hystarick pines  
all pines in the Stomack:  
all pines in the heart or Liver  
in short it is good and safe  
to apply it to every trouble  
within  
take the powder of Roubarb  
and as much of the powder of  
Anis and as much of the

the way and manner  
to make Shrochers: muskomo  
musk plerims Swittis white can  
Carvil

take a thine broad pain most like  
a fraithen pain having tow loup  
and a lip to king it upon a  
Swie and having a lamp fire  
burning with reed issles

then put in a little quantity of  
carvil seeds or what ever sort  
you ar desired to make then  
pouder in <sup>a small full of water shouger</sup> a little fine flower and  
a little fine powdered white shouger  
make the pan to swie up the  
one seed and down the other  
making the seeds shouger and  
flower to rin down and up up  
on the Botom of the pan until  
they be in an ordinary Beggs  
with a little shouger water  
in it to make the shouger and  
the flour to stick together

So take a Large Spoonfull of shouger  
water and Shrinkle it in the pan  
and a five of flour time about  
till they be luge enough

44  
the way and maner  
to make corran tablet  
take a good quantity of  
poudred shouger and put it  
one a flow fire in a pan  
a stir it constant and ad  
dought ginger and paper  
and fine flour a little of it  
and when it is well boiled  
pout it upon a well polsd  
table or thine earthen  
plat or any other thing  
made for the purpose but you  
must wille the place with fish  
butter to make them come eas off  
How to make fine tablet for  
the cough and cold and short  
of brath and roughness in the  
throat

take pichen shouger Brann shouger  
candy powder of fibrous siffrock  
firr poudred Anits seeds rough  
ginger boild all thes with a little  
fine flour cast it upon a well  
posid tuba

How to make fine Cordal table<sup>45</sup>  
take Nutmeg sinimon carvil seed  
and fine white powdered Shouger  
and fine flour Boil all this in to  
convenient thickness and stir it  
untill it be cold before you cast it  
in to caks and anoint the place  
with butter —

to make pargen tablet  
take rounburb. Julup and a little  
of the white Apple  
with flour and Shouger —

to make binding tablet  
take the inward rinde of the barb  
ary bark dray it and powder it  
and ad rught ginger: paper  
Nutmeg with Shouger white  
and fine flour —

the way to fomeants  
take aff rise the top baron if  
possible it can be got for it is the  
best for fomenting: and chinge  
your baron every eight days  
or at list every fortnight  
& ther for All or Spirits  
but especially for Spirits  
or else you will have little  
proffit by it —



<sup>46</sup>  
The Art of fomentation  
discovered

1. when barm: or. Bear yeast  
can not be gotten on drage:  
or satlince. 2. take a good  
handfull of flour lay in wherin  
warm water lavened the flour.  
and then take another hand  
full of flour: worke with both  
thes handfulls upon the head  
of your wort when likewise  
as if you were to brack seyn  
untill same and rise unto  
and head and it will foment  
as if barm were in it.

Another  
take ole mall and make  
laver of it with lukewarm water  
and take another handfull of  
Raie flour in the other hand  
and go with it in the same  
manner

Another take any  
laver that bakers makes use  
of for their bread and do in the  
same manner

41  
Another  
take four pence worth of the  
pouder of Iulup and this will  
work your wort as if ther  
wer bundance of barm in it

Another  
when you have used barm or  
any other fermentation and your  
wort or pikin will not  
work give it a doze of this  
pouder of Iulup and it will  
make it work to the life.

Another  
I have used Iurr and test  
things and put it in the sweet  
wort and have caused it work  
such as the Syrup of Roubert  
the Syrup of Rou: laidys bed straw  
tree pill: warm wood: saderfue  
white wine veniger the Syrup  
of Apples the Joca of bark  
the stone of brant All  
yeering for milk: and New  
working beer: or All  
Another } take tartar

that which will worketh  
the Stomack or the Lailly it  
is yeary to make it work your  
wort or kiking

the way and manner how  
to make heath or hedder or any  
other herb to foment  
take the fomented wort of tray  
ickle or malt wort: and in time  
of d working ad to it your  
other wort and thy will  
foment all together

the way and manner how  
to clia or clarify your  
Spirits when you dr doubly  
take a little of carstell sop: this  
make the Spirits of a fine christle  
a culler 2 take white sop: and the  
a make the Spirits of a fine but  
mixed culler 3 take black sop  
and this makes the Spirits of  
a black and clire culler  
4 the whites of ages and  
will clarify and refine the  
most mixed and confused  
Spirit that ever was destilled

49

How to destill heth and malt  
together: take hadder in the month  
of Jun: July: August: September or  
any time of the year but the month  
is the best time when there is a bundle  
of hanny as well as of substance in  
the hadder: cut or pull it: and  
dray it: and thrish it: or bruse it:  
and boill it: untill the wort  
be very black then work it with  
your malt wort when it is New  
fomented: and they both will  
work together: it will prove very  
profitable when there is a bundle  
of heth or hadder.

How to make spirits out of the oak  
tree or any part of it.  
Take any part of the oak tree  
and boill it well and take 30  
much malt or malasshep and  
make wort of it and foment  
the malt or malasshep first and  
sack up your barrel with your  
oak wort and they will work  
together and you will  
have a good deal of hot burning  
spirits out of it.

<sup>50</sup>  
How to make Spirits out of  
Derlaggow flowers root lives  
cut them small and stop them  
well and hard in to a barral  
with warm water a close it  
hard and close for 15 or 16 days  
to gether: then ad more half  
boiling water to it: then draw  
of your wort and foment it when  
it is lukewarm and two or three  
dayes after it destill it in your  
ordinary way  
but to make it come well out ad to  
the it. Some mallasheps or Shuger  
or malt

How to make Scots Brandy  
take a hunder or half hunder  
of malisheps or the drages of  
Shuger make it desolve with half  
boiling water and when it is  
lukewarm foment it with Barn  
and when the Action of foment  
is over then destill it and when  
you are doubling put in two hand  
fulls of salt and a little toasted white bread  
and felised laigwood and put it in  
a strunge press burrd it below ground

the way and manner how  
to destill heth or hedder in  
to spirits —  
take a good quantity of hedder  
in the month of June July  
August or any other time of  
the year: but it will take a great  
deall of more quantity of it in  
other times then in this three  
monthes 2 then cut a good quant  
of it or pull it and thresh it  
as they do corn, and then stie it  
in to a large houget or barrell  
15 or 6 day being well covered  
then at the end of this 15 or 6  
day put in to your catherin  
a good quantity of this stiped  
hadder in to it with fresh water  
and boile it: and then put in  
all together in your mashin for  
two or three hours and then let  
it go as you do wort and  
take it up as long as ther is stoyl  
in it and when it is lukewarm  
sement it with barne and whe  
it is done with the action of  
fermentation destill it with rough  
ginger and paper when doubleing

the way and manner how to  
bring Spirits out of the brunt  
All

take a good quantity of brunt  
All and half bod it: and then  
dissolve a little quantity of Strop  
or raw shouges in it: and then  
when it is lukewarm foment  
with a good quantity of barm  
and you will have the half  
part of Spirits that you use to  
have off good-liking

the way and manner to  
make Alekutee out of parsnips  
and turnips

take a good quantity of them  
and slice them in pices put  
them in to a barrel with war-  
m water let them stand 4 or  
6 day (close in it and then  
take them out and squeeze them  
and ad more half boiling  
water to it and when it is  
lukewarm make it foment  
with barm and then  
destill it in your ordnery



53

how to destill. Acikvide out of  
Rounds or Reddins  
take about one ferlit of full rip  
Rounds and bruse them well and  
stir them in River water for 3  
or 4 days and then ad one pick  
well brased rounds to them  
and then squeeze them through  
a cloath and then put in the pice  
in the still in your order  
of destilling hot burning spirits  
and you will have a good spirit

how to make spirits out of the rounds  
tree bark lives craps of the said  
tree

take bark or lives or any part of  
this tree and boile it in river or river  
water and then ad a quantity of  
mulshep or course thonger and  
case it forment with Germ or Laven  
and after 2 or 3 days from the time  
you formented it destill it in your  
orderory way

54  
how to make Acikvitie out of  
fruits such as Apples ploom  
Cherries pomarageatts  
take any of this or all together and  
pit them into a barral being  
squeesed and rin or River water  
and Cover or Stopp the barral  
will for the space of 5. or 6 days  
and then fall to the distilling of  
them

how to make Acikvitie of  
gambages: Julapies berries  
black berries: rasp berries  
Olee berries: bramall berries  
Straw berries  
take any of this or all together  
and bruse them well that so the  
Juice may come well out of them  
and Stip them into a barral with  
rin or River water and stop it  
will and about 5 or 6 days  
you may distill them in your  
orderly way

if your singlings at any time be  
too soft and not of a hot Nature  
ad then when you are doubling  
black paper Hemacow paper: <sup>rough</sup> <sup>gally</sup>

55

How to make spirits of herbs  
take mougwort: Hyssop worm-  
wood: ground daniel mint: Cam-  
federfoue: time: Saige: sea holar  
take any of those or altogether  
and shive them small and ether  
boill them with shrouges and  
soment them: or fill's put them  
into a barrel with water  
for 4 or 5 days and then  
destill them

the way and mannes to  
make french or spanish brandy  
take a heinder or half hunder  
of course shuger and disolve it  
in half boiled river water  
and when it is lukewarm then  
consent it together: and when  
it is roughit sufficiently then  
destill it: and when you are  
doubbling put in a good quantity  
of longwood in the still being  
slosed down: and after you  
have made it up sufficient  
strong take it to the for a quarter  
of a year

<sup>56</sup>  
the way and manner to  
make Rum

take a hunder or half a  
hunder of the Rawest of Shuger  
and dissolve it in half boyled water  
and when it is lukewarm make  
it soment with barm or any  
other way of somenton  
and when it is wrought sufficient  
ly then distill it three times over  
and the threed time of distilling  
it ad to it one muchkent of  
olive oil or for want of it sam  
hath taken florince oil

then when it is all destilled  
then make it up a love the  
proof: then take it to the sea  
for sam time or carry it  
with in the sea make <sup>it</sup>  
or seven weeks and then  
you will have good Rum

Another  
take Shouger-cain cut and sliced  
in <sup>in</sup> pieces you may make no addition  
to it for it hath an only substance  
of it self

how to make a tincture  
of the culler of brandy  
burn Sugar candy with the  
red tongs and let it drop  
on to it

Another  
melt black Sugar and put  
into it

Another  
put treacle in to it

Another  
put chere wine in to it

how to make up five  
cordal Spirits

A Spirit called laids  
cordal take one pint of  
Aankvitie Aquavite and  
of Berons and the same of  
carrans 2 pence of fennel  
one of nutmeg one of  
one penny worth of

Claret wine bruse all these  
and put them in to a bottle to  
stir and then Sheer them off  
in to the spirit and keep this  
for your use: it is most Exellent  
for many troubles

take a Dram of this in the morning  
and a little of wheat Bread it  
will Strengthen and comfort the  
Heart and Stomack and those  
that are weak and Decayed  
it will help to Restor them again

it is good for killing worms  
in the belly it is good for  
Colick pines gravil pines  
in short it is a Revival for  
any patient

how to make the widows -  
Comfort.

take one pint of Acikvite  
corander seed & fnet seeds  
Carvel seed & Nutmace  
Claret with a sickle

how to make cordal  
waters

one pint of Acikvite  
low once of tablet or  
Stomack ginger tow

limons on Sautmug  
tow once of figs mask  
amns: Culart with clarit  
vine

---

how to make cokles  
comfert

Sinimon clous Autma  
and Culart it with black  
Shuger

---

how to make inglesh water  
take one pint of Acikvite and  
Rough ginger Jemacoujuzin  
Clous and Sweetfannal seed  
and Culart it with Shuger cure



How to make Jacobs wine  
take one pint of Aickvite  
two limons tablet or Stomack  
grager Anels Sees and white  
wine —————

How to make up the garners  
Compliment

for one pint of Aickvite take  
half a muchiken of white wine  
two Sweet oringers risans  
and carins and figs —

How to make up the womens  
Complineon &c

for one pint of Aickvite  
take plumdmes. rasins  
ruck grager and Culart  
with Black Shenger

ther is a herb called Basill  
and put this herb in a plet in meet  
a vergin will not have power to eat  
whill it is in the plet.

¶ what herbs is for the eyes when they  
are sore

61

A roots of Bennet: salndery fennel  
valerian: livers of Algood: eye bright  
familiar: rue: vervain: bastard leage  
Radish: turnip: marjoram —  
making eye water of these herbs is most  
Excellent for sore eyes

¶ what herbs is for cassing sleep

A: but be ware of giving too much  
lest their sleep should be everlasting  
piper: livers of Dill: lettuce: fennel  
or howleek: flowers of water lilies: roses  
violets seeds the four great cold seeds  
to witte citrulls: cucumbers: gourds  
melons: white: poppie: fruit of +  
Almonds: peach kernels Night-  
shade: parry: Rose: violets oil of  
Sweet Almonds distilled frogs madder

¶ what herbs is for vomaters

A white liller roots: camamool  
flowers: walnuts: will gards: +  
Radish: Rocket: the roots of Asarabacca  
briony: sponge: the roots of black hellebor  
Quarfelder: broom will Saffron

¶ what herbs is for Craking the  
stone is the bladder or Rins  
Burdock gallingale couch grass  
marsh

63 What herbs is for purgen

<sup>drinking place of liquor</sup>

A black hellebore: hronburb

markery: Dwarf elder: Sea-celwort

X Spurge will gards: will cucumbers

pie of orrice polipody Capia

Cartham tamarinds Algarick

? what herbs is for Binding

tormantil: Archinglin: pany royal

X ock life: Plie thorn bark barbery bark

? what herbs is for to slokan a violent

throst A limons: charyes: Apples

Farrol: Roses the Sirip of thes is most

Excellent good

? what herbs is for laying great

Swallings

A marshmallous: politary

X Carnivail: lent seed white lillies

Voilets grandmal chike weed

Barly-meel Soural

? what herbs is for making vomate

A the roots of Asarabacca and

will gards black hellebor flowers of

Dill and mallows seeds of Report

X palma christa Nettles flowers

of camivill white lyle roots

the way and manner to Make  
tablets or confectites ginger.

to make a cordal tablet

take tow pound of Shouger

Nutmug Rough ginger Lemaco  
papor. Cinimon and take the

sirup of roses or any other sirup

an surable to the tablet you make

and Boil all thes powders with the

sirup in a fraying-pan untill conve<sup>nt</sup>  
thickness and then try a little of it upon

a lim truncher if will be hard enough

and then cast it upon marble or

any thing that is broad and will

polished. but first stir it till it be not  
cool: and with the table with water

or you cast it on it and straight  
with Shouger

pargen tablet

take the sirup of sine: Ruchur Bab  
Jalup and sine powdered

with Shouger

Binding tablet

take sirup of barbery bush  
and make a powder of the on  
second rim of it: paper. Nutmeg

64 Common tablet

take one fill of drop and on mackin  
of water and make it into a sirap  
and then ad to it one peny worth  
of rugh ginger and on layring of  
Jernacow paper and Aneth seeds  
Carval seeds all made in to powder  
and one pound of chicken sugar

a fine purger tablet

take Sugar candie hrowbarb  
marstick Sirimon camphire  
Sweet Almonds

} for a child  
3 year old  
drops  
} Oyer 9d

the vertow terpentane  
it is a kind of Rosen good for to  
make helling plasters to cure all  
manner of ulsters and dunn canes  
a pee of cotan or the cades of a rage  
deeph in the oil of terpentane and  
put into the holl of the teeth cours  
the teeth sack: and 21 drops of it  
it to a muchken of warm All  
is good to ease all maner of pines  
inwardly and especially sterick  
pines: parts of the body roind with it  
sappeth all pines out wardly stuck and  
old pines: a little of it mixed with honey  
and loked in the morning and evening  
it will clings the breast from greas humors  
and gently loose the belly and provoke vry  
and drive out the stone in a weak man

Destroy all moones in the city 65  
the metarels to make pills of  
Rhubarb: Aloes: mirbalans  
Scammonie: Diagredium:  
Algarick: turbith Jalap  
Opopanax: Sagapenum  
Euphorbium: Sene: hellebor  
A true Stone. Armenian Stone  
and other purging medicines

make up thes powders in masse pills  
with the Juirip of roses or any other  
Surups ansurable for the purges

How to make halling sacae

Sacae differs from an ointment it is  
made with a thick substance and boile  
tughe in order to stop the pores of  
the body: if there be any herbs in it boile  
first the herbs with ether oil Butter or  
tallow: and then ad Litharge Turpentine  
Rosin gums or any powder the  
physion shall think fite and then  
ad four times as much wax or  
another thing that is in it

an excellent white ointment  
for scaldings and burnings  
than any other. Take white lye  
and honey pure oil of Turpentine

the way and manner to make up  
fine powders for many diseases  
take 3 drams of good Rhubarb and  
as much of the cream of tartar a dram  
of ginger: and long pepper bet all  
the in to powder 2

Take six drams of Sene: roots of orrice  
and cream of tartar of each three  
drams of fulap: one dram of cinnamon  
Anise of each two scruples mix  
all the small powder 3

Take six drams of Sene: black hellebor  
two or three drams cream of tartar  
half an ounce cinnamon: Anise ginger  
mix the in to fine powder  
this powder is for pander several  
diseases 4.

Take a fine powder to make to stop a grain  
and to throw in women brought to bed  
Take roots of great comfrey Mats  
of peaches: Nut mugs of each two  
scruples: Amber grease half a  
scruple yellow Amber half a dram  
make them all in fine powder



choise madices for the imeroods  
1 Take one happnyes worth of blow  
vital and beat it very small and  
make it thine to an ointment with  
ackvitie: and then anoint the  
grived part with a lining rag digt  
in it: and as shure as youe ar down  
with a nointing with it amount the  
same over again with Keet salve  
Another 2

let the grived part be drawn open  
with bowgh-tiches. or at last once  
3

take a little of the mulfarge tree  
and steapt it in strong All  
and take a quantile of it morning  
and evening

an excellent Cataplasme to  
swage all sorts of pain in the  
Body: Boil white bread in  
milk and then ad to it low span  
fulls of common oil: and two  
yolles of Age and then  
aplay it wher the pain is

8 A most excellent water made of Rhubarb  
take a dram of good Rhubarb cut it in  
little bits and add a little of the Seed of worm-  
wood and bruse it also and boyle this in  
Rover water in a slow fire: and then  
Strain it out take one or two Spoonfull  
of children three or four for men or  
women: this is most excellent for purgen  
yellowcholer: and opens the belly  
and draws out worms that breed in  
the belly of young children —

How to make a Nourishing and purging  
broth: for to purge yellow Choler  
and strengthen the stomack: and to cut  
burning melancholick humors for hypochond-  
riack madness. Shortness of breath  
consumptions and decays: and to open  
stopping of the liver and Spleen  
the yellow tendies for the green Scurvy  
the hydroptic: for Quartan Agues and  
long fevers —

take a hen or a old cock and boyle the it  
in rover water till the bones shake out  
then add to it roots of parslie likeericep

Asparagus: liver of baurnishgloss  
Agrimony Spleenwort: for all and  
sweeten it with sugar and candy  
How to make dumplings:

take a quantity of flour and laven  
it with water beat and butter the pro  
and draw it down —

the vartow of leting out  
blood 69

it is most excellent good  
for thos that hath taken a cooh and  
codd and whirling, but infants  
most be bleed with lock liches  
it is also good for stiches and  
grups in back or seads or stopings  
it is good for thos that have fallen  
into feavers its good for a pin in  
the breast or joint or the head  
it is most excellent good for thos  
that ar subject to founnings  
or fentins: sleep: or veriness  
it is good for thos that ar subject  
of spiting of blood: vomiting of  
blood: or bleeding at the nose  
and mouth: it is good for a noise  
and sounding in the head or ears  
it is good for a heaviness at the  
heart or stomach  
it is good for thos that hath got deede  
ounds by stroke or any other  
way: how to make shuger  
sisset take one lopet of fine flour  
and one dixon of eggs and a good  
quantity of powder shuger and  
a litle barm when you make it pop  
a thine as to carth and pil them

68 how to make up fine cordles  
meet for seck nationces  
boil white bread in fair water and  
then put a quantite of Shuger and  
white wine in to it

Another  
boil a litle water growl and then  
put Shuger and white wine in to it

Another  
boil white bread in Ale: and then  
put Shuger and Spirits or Ells wine  
in to it

Another  
boil flour in milk or white bread  
in milk and put Shuger in to it

Another  
chicken broath whith parfly  
plumdemies in them or pidgeons  
woodcocks partricks moor-  
fells with carrens and raris

Another  
take rise milk and Shuger boile  
thes all together with raris in it  
take milk and stire floaz in it cold  
and put it on the fire <sup>low</sup> and stir it untill  
it grow thicke and I will eat like chiss  
and make

how to make marmelade <sup>A</sup>  
take a quantity of limons  
and squeeze out the juice and  
boil the juice in shouger  
and then put this in to a boill  
this is excellent to take upon  
butter and bread.

how to make jelle  
take reed berries or bramill-  
berries and squeeze out the  
juice and boil the juice  
with shouger and then  
put it in to a boill this is  
also good for butter and bread.

how to make an excellent dish  
take flour: and milk: shouger  
Animon powdered and wine make  
all this in to a patten plate  
and toast it in the oven or before  
the fire.

how to make coker wine  
take tow dozen of mares brydes  
shew them small but in three  
chopens of water and half more of  
of trauke and one full of  
spirits in this will make a  
aint of woe wine.

12 Q is it posable for men to  
live if ther wer such a  
scarssity of mill and flour  
that it could not be gotten  
for monny

A yes ther is severall other  
things a man may be suported  
with and which will be good  
food for him: ther is paratatoes  
turnips: and posnips and the  
like: greet any of thes  
down and stir it in water  
the skair off the water  
and dray it befor the fire  
and it will be mill for any  
use that other mill use to be  
for: and if you be for making  
bread of it you need not  
dray it but bring it in  
to a lavin  
ther is also rice boiled in  
milk is as good as wheat

3  
and can be made  
thar also many a good  
dish can be made up  
with severl sorts of hearbs  
with buttes such as cabage  
green kel: Savois: bitts  
parstetous: turneps carits  
parsnys: risards: latish  
raddishes: artichokes: sprinige  
Almonds: parstlen carsses  
pomegrates

any of this may be made  
in to sup also with mill  
or the joice of mill or butter

How to make hadder All

take on pake of the tops of green hader <sup>in July</sup>  
and boile it in a pait or caldren  
and then draw of the water of the  
hadder and then ad on chopon  
of candy stroop and then boile it  
well again and when it is coold  
soda working with Carin and  
you may have 6 pints of  
good table All, and this  
All is exlroordnary good and  
hollsom



# how to make all maner of excellent salves - - - - -

take turpentine: wax: Rosin  
may butter:) Take turpentine  
wax: yolks of eggs: and butter

Another take old shaine talow  
wax: Rosin: Siled oil - - -

how to make Strenghten plaster  
take may butter white yew ro  
brum flours and wax - - -

an excellent healing salve  
take wax: rosin: sheep tallow  
and lint seed oil melt them  
all together to a salve

an excellent ointment

take Sant John wort: plantan  
millepyle and turpentine  
sallet oil masticke franki  
mirre and the oil of roses  
what thing is good for to make  
healing salves - eggs: siled oil  
wax rosin: turpentine: star  
frankincense: yew rosin masticke

may butter: Sheep talow: Bone  
grees: hen grees: dog grees  
Book grees: hear grees: will  
cutt grees: camper: hunny  
oil of roses: Aggre-monny  
Julupbares: linc seed oil:  
St John wort: plantine: millefoyle  
hoggs grees: bagger grees  
mill-dust: mill-flour  
viniger: march malow gods grace  
vird grees

---

the prince of ovinge pure  
golden ointment for curing  
all manner of iound: burnings  
and the ich in a very short time  
take a New laid egge and take  
the yolk out and batt it well  
and put it in a pound: and then  
take salt butter and hold it to  
the fire and let it drop into  
the pound to the egge: and when it  
is dropping stir it ey about and  
keep this for your use it is a most  
Excellment ointment for all  
manner of ound and ulcers

76 how to mend Broken leggs  
and Erns

---

let two strong men the  
one to hold above the owd  
and the other below the  
owd and set it right  
and grasp your self if the  
bones be right set and  
rube your hand back and  
far it till all the smail bones  
bee right set

and then apply a knitting  
plaster to it: and take two  
solid soft timber and  
tye it on it for going  
wrand

and tell the patient not  
to move his lige till it  
be knit

---

how to make yellow bridelige  
make it up with turpentine  
and yolke of Eggs

A knitting plaster for a  
broken leg or arm

Take hough-greese white goans  
roots strawberries lives: eggs and  
salid oil and wax boill all this  
together to a salve ~ ~ ~

an excellent ointment for  
broken bones ~

take bone greese red wine  
and wal wort: eggs ~ ~ ~

Another hough-greese: harts-  
tallow: eggs: and this to a salve

how to kill rats and mice  
take of the seeds o Staves-acre  
or louse wort powdered more or less  
and the occasion requires more  
then will up into a paste with  
hunny and lay pieces in to  
ther holes or any part where  
they go and this will kill  
them effectually

For broken Synnues or raked  
Synnues take ground worms  
and lay them of the Synnue till  
they die and then apply more  
Another

take terptene Saled oil **wax**  
and make this in to a salve

Another  
take goats dreges and vinegar  
and apply to the grived part

Another  
take Doggs grees Saled oil  
wax and ground worms

Another  
like wax rosen terptene  
Hogs grees

an excellent salve to heale  
broken Synnues  
like may butter wax and

<sup>M</sup>  
Rosin this Salve will heell  
all broken Synnes ye all manner  
of deep wounds whether be brused  
or cut

How to make an excellent  
Halling salve

take a few paratours and boile  
them and yill them and brus  
them and then put them upon the  
fire with Sweet gutter wax  
and rosin and make a salve  
of it this is good for hasting  
boils or deerd lumps and also  
will heell any sores

An excellent Strangthon  
plaster for the back or to  
hall deep wounds in legs &c  
take one chaper of Strong Ale  
a quarter a pound of old tallow  
a quarter a pound of old salt  
butter: two ounce of wax and  
one ounce of rosen boill  
all this in to a salve

<sup>30</sup>  
an excellent Salve to  
draw Bullits Arrows glass  
thorns stones of timber or any  
other thing in the flesh  
take wax: rosin: hoggs greas  
harts tallow: Saled oil and  
hunny: Coil this all together

Another  
take lood stone: mercury  
hoggs tallow

Another —

take the herb of polypode  
and the roots powder them  
and ty them to the wound and  
it will shew come out &

Another —

take polypode Iron roots  
Raddishes harts tony  
Julep Beres Coll all this  
with harts greas



Another take good stone mirrhe  
frankincense mastick wax  
hemp: seed oil rosin: heart-  
greese ~ ~ ~

Another  
take Sothorne wood bean-  
blossomes Saled oil

Another  
pouder garlick and Apply  
it ther on and it will draw it  
out

---

### how to kill Bogs

Boil Kusal Bark that comes  
from irland and anoint your  
bad with it and you shall  
never be troubled with them  
any more

Another) Saled oil  
Boil Sop: tabacow and salt  
and old wash altogether and  
anoint your bad with it and  
in three or threine will  
kill all of them

Another anoint your  
bad with lent seed oil

<sup>82</sup>  
for the goute . . .

Boill salt in water and viniger  
and bath the place warm . . .  
Another

take red wine salt brumston  
tartare Boil all this to an ointment  
and anoint twice a day . . .  
Another

Boil salt in Saled oil and botery  
Bark . . . Another

+ take lavender flowers: Nettles  
and Bone grees  
Another

+ take yolks of eggs: Rose water  
and a little safron . . .  
Another

+ Boil ivy Bares and Apply the  
docton warm . . .

take the oil of waxe and the oil of  
camomille and anoint . . .  
Another

take maringold: or turnoppes  
or take wormewood red wine  
viniger Boil all this together

Another

83

take wax Saled oil yolks of eggs  
boil this to an ointment

Another

take henbane beechtree Cloppomery  
Boil into a doction and Anoint

for the Cramp

take the seed of black thorne  
boil it in wine and drink it  
often - Another

Boil daybes in running water  
and bath the part wher the cramp is

Another

take the root of ferne suspend the  
root about your neck wher it is  
bare - Another

take Sage rosemarye and boill this  
together and bath with the doction  
and take sum of it with in you  
for the gout

take the doction of garlick in wine  
and Anoint Another

take womens milk harry salt  
mix this to gether and Anoint  
or anoint with the oil of tarynter

84  
Excellent medicines for the Hayer  
to make the hayer fair and yellow  
take the roots of great Dockes boile  
them in lixivye and anoint with  
it often ~ Another

take rosin boile it spread it on  
a plaster and put it on wher you want  
it to be fair But first Shave the Hayer  
to make the hayer black

boile myrobalanos emblicos in wine  
till all most be consumed and washe  
your hayer often with it

for to prevent the hayer fr growing gray  
wash your hayer often with goates milk

A Another  
or take green Nut Shells and vinegar  
boile thes together with Alme and  
urin and anoint the hayer and the it be  
gray it will grow brown and yellow  
again ~

to ease the hayer fall out wher it is  
take Lammes blood and the joice of  
immature Sloes mixe them  
together and anoint the here

Another

85

take Nettles seed Cut it small and  
steep it ~~the~~ or 4 days in vinegar  
and anoint the hayer and it will  
fall out - Another

boil Anters eggs with wine  
and wash your self with it and  
the hayer will fall out

Another

take hanny and whet of eggs mixe  
them well together and anoint

to make an excellen salve to A  
draw away hayer

take Snayles in may 30 of them  
and Cox wood tree Ashes and  
Salt and let them Lye in a pot  
for sum time and Squeeze out the  
foice and keep this for your use

how to make the hayer grow  
on wher it is not or beld

take leeks or onions and rub  
the place wher the hayer is fallen out  
and then anoint the place again  
with the foice of Argemoney  
mixed with goats milk

86 Another

Burn horseleeches in a pot to powder  
and mix this powder with honey and  
anoint

Another

Burn a foxes head to powder mix  
it with lint seed oil and Anoint  
be held place ~

Another

take Chirres Stones and Selves with  
Colife them to powder and mix them  
with honey and anoint

A

Another

Burn Southyn wood to Ashes mix  
them with oil of an unguent and  
anoint

Another

take black Grayles put them in  
a pot and stray it with salt and  
place them in the sun and the will  
desolve in to water then anoint  
with it

how to make your hayer  
Curle ~

boil the roots of wild eldve  
with wine and wash your  
Head with the doction

Another

87

Soak hamp seed in water and  
vine a quill parts: wash your head  
or Another

take 3 or 4 droppes of Saled oil  
and rub this in the hayer till  
you feel it greasy noe more  
in your hand do this for same  
time and it will curld

How to kill all Nettle in  
the hayer

take hay floure burnt to ashes  
and make an aliscioye and  
wash your head: quick siller  
or souther weed: wormwood

sentory: bay beres: vinegar  
salt: brimstone black soap

or steep fyled hart home in  
wine drink thereof and wash  
your head this thing any of  
them will kill all Nettle or  
lice in the head



8 to make a fair face  
take hunny: Ben mill mix them  
will together and wash your face  
and then wash it with wine: or Brandy  
A nother

Burn thistle buds to ashes mix them  
with hunny and anoint the face often  
fill a pot <sup>A nother</sup> with the root of Solomon  
Seal pour then seed with a little  
campher and wash your face  
for Spot itching pemples red Spot  
in the face

take Virgins: wax: Rosin nbs  
of Eggs make this into a plaster  
and put it on the face  
A nother

take frankinsins virginer mirk  
and rose water and anoint

<sup>A nother</sup>  
take huny wine and mix them  
and anoint A nother

take rose water campher Ben blsime  
wash your face A nother  
take Ben blsime in virginer and  
Roses Oil

for the Rose

29

take eldred lives liquerish  
boil this with may butter loosed  
Another

take white flour and straw it  
often on the rose and keep  
it warm and dry

Another  
take Alum: and Roses  
Nightshade Nettles and the  
white of an egg and make  
a salve of it

Another  
take Hensleek: camphir and  
viniger and make a salve of  
them for the Rose

for the plague

take Rue Fenel sage Gramel  
lives boil all this in wine and take  
on Spanfull in the morning Night

Another  
take trickle: and garlick: mary good  
ginger: boil all this together

Another  
take Rue Juliphens figgs Saffron  
trickle: make the into

<sup>o</sup> Excellent medicines for  
the Breasts

---

for a sore breast risen by Colic  
and cold

take salimcity morning and  
evening mixed with Sugar

Another

take 4 eggs liquors cores  
Anise seeds fennel liquor and  
brown Sugar make in to a sirup

Another

take corans: Scissions liquors  
Sugar cand and Hunny make  
this in to an Electary

Another

take cornes: liquors fuliper Boye  
Boil this in wine

Another

take Saffron musck mix this in  
warm wine

Another

take cinnamon: Cloves: ginge  
pepper: Bay berries Anise  
fennel Sug and a little hon  
made in to a doction

for the Cough.

91

take Rumpseed lentseed make  
a doction with fair water and  
aply it on the breast and  
drink sum of it ~

Another

take a great onion and boil  
with hunny and a little wine

Another

take corans Persians Suger candy  
liquersh and hunny ~

Another

take milk: Suger: Boil thes together

Another

take wine: hunny and  
cinimon boil this in to  
a doction ~

Another

take on muchken of spirits  
and half a muchken of tracle  
mixed together

an excellent electry for a short  
of breath: take the powder of aligaper  
And seeds powdered rough geger and  
this drug liquersh saparilla

92 Excellent medicines for the  
Stomack.

---

An excellent Stomack powder  
take liquorish: Nutmeg  
cinimon cloves mace  
+ Coriander ginger Britified  
Shuger.

Another powder  
take liquerish: cinimon Nutmeg  
ginger carve seeds Anets seeds  
nuxper: mace Shuger candy  
make all this into a powder or  
ells make them Stomack ginger  
or ells into an Electry.

this is not only good for the Stomack  
and all its diseases but also is good  
for all diseases of the Body.

An excellent medicine to prevent vomit  
and rebounding, boil a chicken and  
Spirment and drink the doction  
and take Spirment water: and take  
offen Script Nutmeg in boiled  
milk and water: and put a scarlet  
cloth about your Neck  
and take some Cloes of mace  
in broath.

## Excellent medicines for the heart

for a beating or panting of the heart  
take hartes bone bet it in to powder  
and take it in whit vinegar

Another

make a conserve of sage and  
Red roses and take a littel of it  
at times

for a fainting of the heart.

take 3 drops of the spirit of hart horn  
and Lavender in on Spoonfull of water  
and often. Smell it at your Nose

## how to make excellent Stomack cakes

take one halpenny worth of  
carule: and the of anels seeds  
and roaght ginger and  
one Nut muge and one  
peny worth of sinmon  
and bate them small and  
take one farret of fin flour  
made up with trackle and  
Make them lick ginkels  
in the oven

for childrens deare <sup>10</sup> / for coughs & tick  
for week children / Quinty malcan  
and put to them

give the child morning and evening  
goats milk to drink and anoint  
its back and fllets with the same  
for want of this take a few cows  
milk worm from the cow

Another  
milk a cow upon sheep girls and  
axe the child to drink of this morning  
and evening

Another  
Boil snails with eops in sweet milk  
and so drink

Another  
take white goans roots (crum flour)  
and may butter and boil this into  
a salve and anoint its back and  
fllets with it

for a flash mark in children  
let the mother of the child chow white  
mustard seeds and anoint the mark  
with the juice and rub it well in  
and let the child suck in the min time  
and after it is rubbed well in then  
rub with the raw milk after it  
And so it will than depart

when a child can not sleep  
anoint the temples of the child  
with harts tallow and so will  
fall a sleep. or little poppy



for a child new born and  
like expair with the col  
haive <sup>95</sup>

anoint the child all over  
with spirits and it will  
revive again

for a child got cold after  
berth

take one handfull of hysop  
and likerus stick a quarter  
pound of brown shuger and  
half a gill of white wine  
viniger boill first the  
hysop and likerus together  
then streen it thro a cloth  
and put on the doction with  
the shuger and viniger  
given a spoonfull at a time  
will sertenly grow better

for hooves in children about  
their heart

Take the powder of Anniseeds  
and the powder of  
Crampston and white Shouger  
pudred mixe all this together  
and give the child a little of  
it and he will amedately will  
be cured ~~~~~

for sickness in children  
draw with tough licks ~~~~~

for a great Coughness in children  
give them once or tow or three  
doses of rowburb according as  
need requirs ~~~~~

for a weaknes of the Stomack  
in children

Boil the powder of Ruburb in  
white wine and give this  
a little of it now and then

for the ferment. coming down

in children take low handfull  
of lint seed boil it well in to  
a doction and bath the fundament  
often with this war in this doction  
and be shar to keep the butocks  
warm: and when it comes down  
put it up with a reed scarlet  
cloth will warmed and you  
will shun be healed.

for worms in children  
take a little handfull of rue betin  
will and stiped in whiskey  
taken one litle glass full of it  
in the morning will kill the  
worms beyant and skil of  
any physician

for a child that cannot get the  
saus of its belly

give it Siquels: or Bok thorn  
sandy scrup: or put a loing  
pill made of white fox and put  
it up in the fundament and  
hold it of a put with hot  
water and it will get <sup>as</sup>  
of its belly innadilly

or give it a cluster 98

How to make a cluster

take a cows bladder cut a bit  
out of the bottom: and then  
bind a pipe to the mouth of it  
bind it in the inside of the  
bag: and having a cork  
made for it with a linned  
thread cross the cork that so  
it may draw out the cork when  
the pipe is in the funiment

what you may put in the  
cluster bag take a little of  
Sweet milk Row shouger  
a good quantity and a little  
piece of white bread melted  
into it Boil this into a pottage  
and when it is blood warm  
or when you can hold it  
to your cheek then

work it in to the cheeks  
funiment with your hand  
press in the tube

An Exceellent madice for <sup>99</sup>  
young or old fallen into a  
wasting or dicay take

take a handfull of the hunder life  
grage and boil it in Sweet milk  
take half a muchken of this evening  
and morning and you will shun  
Recover again

take on Quart of All and boil  
it into a pint with one quarter  
of brun Shuger candy ball this  
up for your use take a gless of this  
at a time

for rivorms in children

take gun powder in trayickle

the signs and cures  
for worms --

the signs are thus itching  
in the Nose: greenish pill  
face: hollow eyes: unsavory  
breath: Swelled Bally: strong  
appetite for meat in the morning  
often Stool: white thine urining  
grinding of the teeth: griping  
in the Bally: often changing  
the countenance

A B C d

107



for the Reptures in young  
or old.

take half a muchken of  
white wine verige & or the  
digests of old wine and  
as much Sweet butter and  
boil this in to an ointment  
and anoint the grived part  
with it often and bind it  
close up with a bair made  
for the purpose.

Let patient take one muchken  
of beer hot with ale mill  
and strong with a lute mug  
evening and morning and  
he will than be in his  
ordenary health again.

for childrens for mouths 103

take liquorish: rose-lives Boil this with  
water and then do hanny to it  
and ease the child to drink often

Another  
take Brant Almm: Sugar candy  
and hanny and often anoint his  
mouth for a cough in children  
take hanny leugs grees mix the  
together and anoint the breast

for worms in children  
take Rue and worm wood powdered  
and taken in the pan milk  
when the child is ill and we know  
not what is it that ails it  
give it old carmes

for to put away the peck pits  
Anoint often with flower water  
or: with leugs grees: or sweet  
crime } for worms: take florins oil  
for to cause the pox to come out  
drink sweet milk of Sheep milk  
or drink sweet milk of saffron  
for stopings and whistlings in children  
get 2 pence worth of the oil of  
Anits and give the child 3 Drops  
every day as long as it lasts  
and this will do or florings oil  
in Sick Land stopings draw blood  
and vomitar and the oil of turp

Doctor Salams fine Cordal tree  
take Calm Sage hisop. Agrimony  
ground-lavender and pulpoday upon the  
and compound all this together  
This is a most excellent tree for every  
person to make use off but especially  
for tho that are in trouble  
it is excellent good for all manner  
of diseases and especially such as  
have jaunders: fluxes: decays  
weakness within gravels: colicks  
pains it in madly ears, apoplexy in the  
head: back: wrist: or side: it is good  
for the black or yellow jaunders  
it proves to great effect for strangury  
and comforting the heart and Stomack  
it is good for fainting fits or malicoly  
it gives a good appetite it cleans the wombe  
and Stomack it is good for backing and  
reboanding and spilling of blood it is good  
for clearing the blood: it clears the sight  
it clears the voice and sweetness the  
breath and is good for a shortness of  
breath or swellings in the throat or  
belly it easeth pains of the gut  
it is for comforting and reviving the  
mind and spirit it is good for the  
green sickness and it is chiefly good  
for all womens diseases

choise medicines for the eyes 105

take the wheit of an egge beat it to an oile and douk to bal of tea and put it to your eyes

Another

take whet of eggs: hunny camphir salt make this into an ointment

Another

take celidonia: Agrimonge: fennell: Rue eye bright red roses make this into an water for the eyes

Another

take Rue betonge: celidonia: saxifrage eye bright

when a man is cline blind take a good quantity of crickets mix them in mortar crush out the juce therof thro a cloath and drop every day three times aday on drop in the eyes till you Return to your sight

and excellent eye water take women's milk and a mans chile and take the urine of the chile wheit of eggs Champhir hunny

an hasting ointment to  
cure all maner of oound,  
take Runy: duste meale: Sweet  
Butter: and boile thes together

how to cure an oound in  
two days be it never so bad

take the best larde or fat back  
and Runny: Rye meal make  
this into a salve 77

an excellent powder to  
cure any oound

dry Nettles lives in to powder  
stray this powder low times  
a day in the oound and it will  
heale it in an instant

for a running ishow oound  
burn straw berries lives to  
Ashes and stray it in the oound  
when a oound swalleth  
boile branston in white wine  
and dip cleets in and tolk cure

~~Take oil of roses distilled~~ ~~the~~ ~~below~~  
An Excellent ointment 167

Take green Juniper berries  
Boil them in salid oil or butter  
press them thro a cloth

the Quine of Hungarys pure golden  
ointment to heill all maner of  
ounds what ever kind they are  
take wax: yolks of eggs: oil  
of terperine: rosin: may butter  
Boil this all together to an ointment  
ther is no ound can with stand  
this ointment

an Excellent Salve to heal  
all maner of ulsters and ounds

take 4 New laid Eggs and squeeze  
them in to an oil and take 3 half  
pence worth of wax and 2 pence  
of the oil of terperine make all  
this in to an salve ther is no  
ound can with stand this salve  
with may butter

an Excellent heilling salve  
take one Spoonfull of hanny and  
one Spoonfull of fine flour on Eggs  
and a little wax and Sweet  
butter

102 for the ich dip a rage tyed with  
brumston in white wine vinegar  
and anoint your self

Another take hogs grees  
brumston and vinegar: Soap  
and salt boiled together to an  
ointment

Another take rosin butter  
and frankincense boill them  
together to an ointment

Another take waxe salid oil  
and the liting of silver

Another take quick silver  
tarre: brumstone: and hogs grees  
the king of pruske golden  
ointment for the ich

take yolks of Eggs: brumston  
black Soap: hogs grees:  
boil thes all together to an  
ointment

what things is for to make  
salver for the ich

take brumston black Soap: salt  
eggs: hogs grees: Quick silver  
gun powder: Ashes of burnt  
garlick waxe terten salu



an excellent ointment  
for burning or scalding <sup>109</sup>

take Buttry Bark: Rowleek  
leeks: and Ad yolk of Eggs  
Wax: lintseed oil and boil  
this into a salve

Another <sup>white lead and</sup>  
take Lintseed oil: wax: almme  
yolk of Eggs make them a salve

Another  
take Lintseed oil: honey: wax  
hogs greese: Another

Take fresh butter: Saled oil:  
Eggs: wax <sup>boill what bread and</sup>  
Another <sup>milk together</sup>

Take y yolks of hard Eggs  
Crush them out an oil and mix  
white wax and a little  
camphir make it to an  
ointment

to make Vestigolidomari  
take gun powder: butter and  
Saled oil make this into  
foam this will cure the itch  
scabs or bumps or blisters

the doction of the roots or lives  
of Nettles is good to open up the  
pores: pipes of the body and Stomack  
it dissolves obstructions and gether  
within it dissolves the stone in the  
bladder or kidneys: it fasteth all pain  
within: it clengeth the mouth  
gums: and throte of hard swelling  
it cures the bleeding of the mouth  
and Nose if you dry it to powder  
and snuff it: if you take the  
water of a sick person and steepe  
Nettles lives in it 24 hours  
and if the lives keepe fresh and  
green the sick person will come  
throw but if it change the colour  
of the herb ther will be either  
death or danger

if you make snuff of it and put  
in to Ale or Beer and give it to  
a maid who you suspect to have  
lost her maiden head: if she  
keepe it she is a maiden but if  
she decant it she is not  
or if she pish in to a glass and  
Nettles seed all night and if red  
spots be in the glass she is not a maid

an excellent medicine 111  
for the Faggow

take as much grounded  
Am as will hold upon a  
large herring in to or fill  
of acky-~~arity~~ about 10  
days after you have taken  
them: do this for 3 or 4 times  
and you will be no more  
troubled with it

What herbs is for clearing  
the vice

A: Coleworts: liquorice

how to make gun powder

take Sacah charcoll and  
brimston and salpiter and  
bray thes very smal together  
and then take a brush dip it in  
the spirit of wine and dab  
the powder with the brush  
and it will rin in to drops  
and when you want the  
powder go to sack kin  
out the salpiter

12 for an internal bruisse  
goten upon the back: brist  
or any other part of the body  
and it simes to be gether on  
with in ~ ~ ~

take tow pills of markery  
at Night and rowbur in  
the morning for send the  
markery away Do this for tow  
or three days to gether and  
it will dissolve it away  
but let not the pills tuck your  
teeth or gills it will louse  
them

and then take a sirup of the  
herb of st John wort and the  
will heal you altogether  
and if the person be come to the year  
of a man take 3 pills together  
and be war of getting the list cold  
while under the markery  
this is also good for internal tor  
and rinngs: and the crouls

a table of herbs & waters of  
what herbs is for cooling the  
blood that is overheated

113

A Lettice: purslain: water lilies  
violets: Sorrell: Succory:  
Samaritany Endive

what herbs is to cool Choller in  
the head

A Night Shade Lettices: water lilies  
poppies

2 what herbs for cools choller  
in the breast

A violets poppies Colts foot

what herbs for the heart to cool

A Sorrell: Quinces: water lilies  
Roses: violets: Bark of wal nuts

2 what for the Stomack to cool

A Quinces: quords Roses:  
violets: purslain: Night shade  
Sengreen: or Roundleaf

R what herbs for the liver to cool

A Endive: Succory: Night shade  
purslain: water lilies

114 Q what herbs is for cooles the  
choller in the Rines: and  
Bladder

---

A endive water chirries: plantane  
water liles melons: guords Citrus  
strawberrie: fengreen: grape  
black chirries:

---

2 what for the matrix to coll  
A endive: letties: water lilles:  
parslene: Roses

---

2 what herbs is for heat flegm  
in the head: breast: Stomack  
heart: liver: spleen: Rens: bladder  
matrixe

---

2 what herbs is for heat in the  
head

---

A: Betony: Sage: marjorome  
camornell: pennell: Calaminthe  
lilles of the valley: rosemary flowers  
periwinkles Eye bright

---

2 what herbs for heating the brain  
A mader here Betony Hyisop

Rose hound: Carduus o. ris 115  
Scabious: Bawn: tobacco Self  
heat Cornfry

for the Stomack

worm wood: mint fennel  
Cinnamon: mother of thyme  
marigolds

for the heart

Cinnamon: Bawn: Rosemary  
for the liver

Centaurry: the Less: worm wood  
origanum: Agrimony: fennell  
for the Spleen

Cirthe wort: water crisses  
worm wood: calaminth: gentian  
for the reins and bladder

Rocket Nettles: Saxifrage  
Rhaddish: pellitory of the wall  
Chinkfoyl Burnet Elicampane  
for the matrice

may wort: Savin: pennyroyal  
galaminth Louage

This is for to make waters for  
the parts of the body either  
for heat or cooling



16 A table of of syrups

Syrups: concoct choller in  
the head: breast: stomach:  
Heart liver

for head

the Syrup of water lilies: poppies  
for the breast

the Syrup of violets: Juniper  
the Juice of: pomegranates  
for stomach

the Syrup of vinegar ~~pomegranates~~  
Sour grapes Roses: Quinces  
myrtles  
for heart

the Syrup of Sorrell: wood sorrel  
the Juice of oranges  
Common Citrons  
for the liver

Endive: Succory

Syrups concocting flegm<sup>117</sup>  
for the head. Breast heart  
Stomack Liver matrixe

for the head  
Betony Stoechas  
for breast

Ryison Rorehoand: made in here  
(olts foot scabious) Betony  
Liquoris

for the heart  
Cixarritinus: Curum  
Stomack

wood: mints oximell  
Liver

up the opening roots  
Agrimony  
matrixe

mugwort calamint

18 for the melancholy in the  
Heart

the Juice of Apples

Corrage: Bugloss

Citron pills: Camom

---

a table of oyles

---

what oyle is for healing the  
Stomack: Liver: Spleen  
Joints: nerves

---

heat Stomack

mint: wormwood: mastich  
Spikenard

heat Liver

Better Almonds wormwood  
Spikenard: mastich

heat Spleen

Capers: Spike

heat Joints

Spikenard Rue: Nuts: Nutmeg

heating Nerves

119

pepper: mastich euphorbium

elicampne earth worms

marjoram: costmary: lovage

what oils is for cooling Stomack

Breast: liver pines womb

cool Stomack

Quinces: mirtles: roses

cool Breast

violet: water lilies

cool liver

violets: water lilies

cool pines

lettices: water lilies

cool womb

Quinces water lilies: mirtles

gourd

oyle altring in property

binde

wormwood mints mastich  
mirtles

mollifie

lent seed Styrae

Sweet Almonds: Sallet oil  
Rarifie

Dill: chamomell.

Digest

Better Almonds Nuts Rue  
(cleanse)

mirth tartar wheat: Eggs

Elder Rhadish

provock sleep

mandragues: moopy

henbane wales tolls

brack Stone

Citron seeds scorpions

cheery kernels

provock lust

(21)

Gmmets fistick Nuts  
Easck pins

Elder wall flowers

Chamomell Oill

white lilles bay St John wort  
populeon foxes. Quackelder

---

## Of Conservees

(Conservees for heating: head  
breast. Stomach Splenetic  
wornb joints

---

Heat Head

Rose mary Bettony eye bright

Sage flowers Lavender flours

marjora: peony

heat breast

Ryson bann maiden hair

122 Heat heart

Corrage Buglose flowers

Rosmary: Camomile  
flowers

Horrack

wormwood Alcampane  
mints

Spleen

Cetrach fumitory wormwood  
Elder flowers

(liver

wormwood fumitory Elder flowers

womb

marjaron: Camom: Rosmary flowers  
(conserves) joints) cooling

Stoeches Rosmary flowers

Head:

water Pilles Roses violets

Breast: violets

Heart

Sorrell weed Sorrell Rose violets  
Stomach

Roses violets



Endive Succory Roses violets

Spleen: Reines: wombs joints

conserved roses violets &c

## Of salts

salts purgen & coughing

sant john wort: polypodium

salts for urine

camomell wormwood: gentian

salts for the womb

mugwort: Broom chelondine

Sweat } guaiacum

salts for ease pins

mans blood Stags: blood

geats blood

salts for clinging

urine: honey: vinegar

beware of using opiorum

ludum or purg in furies

because it is dangerous in the  
casse.

# The signes of feavers 124

the signes of the head sack  
if the sin invade the sick with heaviness  
it sheweth the decrease to proceed of fullness  
and abundance of humours  
if it cometh with pricking gnawing and  
shuting it betoketh sharpness of humours  
if it beat like pulsen it betoketh  
inflammation  
if ther be full distention or stretching  
out without beating or heaviness it  
(comes of ruin)  
and if it come thro abundance of humours  
you may in the first place let out blood  
the oil of vervain used in unction is  
an approved medicine for it unless ther  
be inflammation of the eyes joined with it  
the signes of vertigo or swimming  
in the head

ther is a darkness and a mist appearing  
befor the eyes that is troubled with this  
dizziness: and that upon every light  
occasion especially if they drink any  
liquor if they see a wheel or any other  
thing run round they are ready to fall  
down. let such persons avoid to behold  
such objects for the evil spirits  
beholding it turns about also and so  
the moving of the humor that causeth the  
dizziness

the Cure of the desairs be <sup>125</sup> cause by  
vapours that ascend from the Stomack  
as mine did vomiting is a speedy  
Cure also let the person avoid all  
beams of the Sun: men: wind  
especially the South winds: let him not  
behold any thing that runs: run  
or any deep thing

### of frenzie the signes of it and the cures

a frenzie is a continuall madness  
and fury with raging and vexing  
of mind accompanied with an  
acute feaver a caused thro  
inflammation of the Brain  
or the films therof

ther ar three internall senses  
in the head immagination:  
Judgment: memory: and

man may be frenzie in any  
of thes senses

the signes: besides a terrible feaver and  
madness for most part they cannot  
sleep: if they do sleep at all it is  
troublesome and when they do sleep  
they start up out of it in a rage  
and cry out furiously and babble out

out <sup>126</sup> words without any order or sense  
and very seldom they can Answer directly  
to a question: their water many times is  
thin and clear and if it be so it is so  
much the worse: and the seldom you  
syringe to them: the louder they will  
Answer: their eyes are blood shot, bleary  
and staring: and most of them will pulse  
and tear all the nights about them to pulse  
their pulse as small weak and slow  
and they feth the breath but seldom  
the cure: if strength permit let out blood  
easily in the arm: and low or three days  
under the tongue: force him to sleep with  
opium: and if it body be strong you need  
not fear to give him 4 or 5 grains  
at a time: hing about this thing her head  
as mandrakes. Night shade: poppy  
henbane: and Anoint his head and  
temples with the oil of poppy  
and I have also found by my own experience  
castoreum to be very medicinal for  
the deases: or other madiness your best  
way is to labour to remove that  
hammer which cusseth the deases

of the lethargie: with its signs<sup>127</sup>  
and cures

the lethargie carrieth sluggishness  
and an expugnable to sleep they are  
slow and dull: and full of forgetfulness  
they are all wise in a profound and dead sleep  
the pulse is great and striketh seldom  
and bathes as it were in water  
they fetch breath seldom: and weakly  
they are so slayerish and sleepy that they  
cannot be forced to answer a question  
Sometimes they will open their eyes  
if you cry loud to them but suddenly  
they shut them again

the urine is like Beasts urine stinking  
sum trouble and sweat all over  
the ear let him lie in a light room  
let his diet be seasoned with Anniseeds  
cumin seeds spices ginger: cloves  
cinnamon &c for pot herbs let him  
use sparagus prarly fennel  
burn Brimstone under his Nose to  
awaken him: and him a Spoonfull  
of mustard in his mouth at once  
provoke him to sneezing with  
Helobore

As for Castoreum is exceeding  
medice for this disease either Aptly  
inward or outwardly

128

of forgetfullnes: the signs and cures

the signs: if the memory be but a little hurt: it shew the brain to be but a little cooled: if reason be also hurt then the disease is vehement  
if it comes of adry distemper the sick watcheth much: and can hardly be brought to sleep: if moisture only offend then as they heavy inclined to sleep and then sleep as long and troubled as if it could be joined with the moisture it is a perfect lethargie the neykes be but breeding: and then the excrements as many at the mouth and nose proceeding from the brain  
cure: the things medicinall for this are castoreum: olum de lateribus Rie: Balme: Betony: Rosemary  
marjoram &c

of Cataplexis: signs and cures

this disease is meanly between a lethargie and a frainzie for it comes of a melancholy humour  
the signs they are a wile taken suddenly both spiac and sense as taken from him he neither spiaceth nor heareth his breath scarcely to be perceived he ly like on dead

his pulse is small week <sup>129</sup> and very  
thick: his urine is little or none at  
all which shewes to proceed from  
want of Senses

if his head be cold heat it with  
oile of veruaine if hot cool it  
with oile of fleabane

black hellebore corrected with  
Cinnamon is very medicall  
so is the mother of time  
if trampling a company the  
doctors give castoreum

of the Apoplexie: sings and cures

this disease is her in the fountain and  
originall of all sinews is affected  
and so every part of the body both  
suddenly lose sense: and motion thro  
the whole body } if this stopping  
come only in one half of the body  
it is called the palsey  
sings: the 1<sup>st</sup> before this disease a thar  
pin in the head: a swelling of the veins  
in the neck: the vertigo and brightnes  
before the eyes: coldness of the  
extream parts without cause known  
panting of the whole body: slownesse  
to move: and gnawing of the teeth while  
they sleep: the urine is black like  
rust: and hath a residence like meal



(can): provock him to stool with strong  
and sharp clysters  
bind the thighs hard: and rub them with  
you may shave his head and bath it with  
oil of Rue: Cammell: or Gill  
you may fasten Cupping-glases good  
close to the Shoulders  
you may burne stinking things under his  
Nose as Castoreum: you may provock  
him to sneeze with white hellebore  
you may apply Castoreum: and  
Euphorbium with vinegar to his head  
provock him to vomite with turbit  
minerals: mercurius vitae or lacsulphur  
with is the best medicines I know

---

of the dead palseie in on side

the original of this deader ly  
sumtymes in the Bren: and sumtymes  
in the marrow of the back  
the cause thro vehement and inordinant  
cold and thro grosse and clammy humors  
that stopp the passages that animal vertue  
can not pass freely from the centre to the  
circumference: if it come from the  
back it is caused thro inflammation  
or hard swelling without sense  
happned at the back bone or nigh to it  
or other sinewy parts dependant  
theron whereby the spirit is removed

together and so stored that the animal  
cannot rise: it may happen by  
a blow or and wound  
the disease is so apparent that it needs  
no signs

Cure: let his Diet be drying  
and be easy of digestion and rested  
to wit birds that frequent dry ground  
Almonds: Ravens of the Sun pine  
Nuts: for hot herbs let him use  
fennel mustard hoop marjoram  
Sage and Savory: it is good for him  
to induce thirst as long as he can  
the vinegar of Squills taken tow  
Spoonfulls every morning fasting is a  
soveraign medicine: so is also castoreum  
you may blister him in several parts  
back: the feet above the ankle  
the inside of the arm above the elbow  
or Swell him in lye bath  
of the fallen sickness with the signs  
and cures

it is a convolution drawing and striking  
of all the parts of the whole body  
not a continuall: but at sundry times  
with hurt of the mind and sense  
there is 3 causes of the fallen sickness: the  
first Cause is when the disease lies  
only in the brain 2 Cause is when  
thru evil affect of the Stomack  
sending up vapors thither which the

broken labours to repell and by the  
 reluctancy causeth the diseases  
 the 3 case thro' a cold air which  
 the patient may feel creeping up from  
 one member to another to the brain  
 the signs: then goes before the diseases an inward  
 state of the body: and mind: sadness: forgetfulness  
 troublesome dreams: head ache a continuall fidget  
 in the head: many bites the tongue as shun  
 as they fall down: the limbs are drawn  
 together: they shiver and sometimes cry  
 out: and many trembles when the fits  
 come upon them and foams at the mouth  
 (over or than or you perceive then take  
 this trouble cut them in the left of the  
 forefinger till they bleed  
 let him not take any meats that is  
 hard of digesting and avoid from all  
 strong liquer  
 the Juice of the piony roots and  
 made into a sirup with sugar  
 taken inwardly  
 for the wild fire in the face  
 mix it with cammarow ink Juice  
 or take and you will be cured  
 Another ancient with yew and  
 you will be healed

Another bath it often wa-  
the head of a brunstone possid

133

how to make Neet Saal

take one pound of the  
Ashes of the tender crops of the  
Ash tree when it is burnt  
and a quarter a pound of  
gun powder: and boill them in  
or tallow and salid oil  
and the ster in your power

how to make a most  
excellent eye water

take one ounce of pimper-  
nell and one ounce  
of white vitral and steep  
it in Rosh water and  
point the eyes with a feather  
evening and morning and  
it will suddenly cure them

A most excellent medicine  
for the floox

take a quantity of fine flour  
seep<sup>t</sup> in water and stir the  
water off it often the dry the  
flour befor the fire till it be  
like powder: and take 3 ounce  
of it 3 ounce of will powder  
each and on nutmeg with  
droyed and powdered and a little  
of the powder of Anits and a  
little of white Shouges: 3 tie  
spanfull of the powder boiled in  
good Sweet milk: taking this  
3 or 4 time will sertenly cure

Another

take a quarter of white lime  
and as much chalk make the in  
to a fine powder with the flaur  
of Anits and white Shouges  
boiled in Sweet milk

How to make claret wine  
Activity

take 66 pints of whiskey  
and one pound of loaf shugger  
and one chopin of blackberry  
and let them steep together for 10  
days and you will have  
good claret wine

how to make Sherub

take 6 pints of whiskey  
and 12 sweet lemons  
and boil one pound of  
loaf shugger and half  
in water and scum it  
and put it in for 10 days  
and you will have your  
Sherub

how to make wine of black  
berry 3. steep one pint of  
berry in 6 pints of whiskey  
and one pound of raw shugger

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How to make white wine of  
whiskey -

take 6 pints of whiskey and  
3 chapins of guss berries of the  
white sort or white garden  
berries: or risps or strawberries  
and steep them in it with  
brown shouger candy on fire

how to make whiskey like  
Rum both in its color and  
tast 3 take 6 pints of whiskey  
and made up so very strong  
and bottl 2 pound of the  
rarest of shouger that you  
can get in on chapins of  
musk and put it in to a  
bottle for 2 or 3 days with  
a little luge wood in it: and  
then shav it off into a bottle  
and you will have  
good Rum

how to make whiskey like brandy  
take white bread well buttered  
and let it steep in it and burn it



The Second Class  
 contains Choise medicines  
 for every part: and  
 member of the body  
 Beginning at the head  
 and goes down gradually  
 to the Sol of the foot

---

for a pimple in the head

---

- Anoint your head and  
 temples with the oil of mace  
 2 Anoint with the oil of  
 mustard seed  
 3 anoint with Brandy  
 2

for Cough

Let them that hath sore  
 Eyes or often troubled with  
 a pimple in the head: not to get  
 over much heat or over much  
 cold: nor eat garlick: vines

138  
likes or sipped of  
for what ever troubles the head it  
also troubles the eyes  
3

There is differing sorts of ayes in  
the head: there is the migrum  
and the head ache

the migrum is known by its pitching  
up and down: there is a migrum  
with in the skull and without the  
skull

1 there is a head ache that comes of heat  
and that is easily known by putting  
your hand on the brow it will be  
warm.

2 the head ache that comes of cold  
the brow is also cold  
so if it be comes of heat we  
Apply cold things and cold  
herbs

and if it be comes of cold we  
Apply hot things and let  
the chamber be hot also

3 there is a headache that comes of  
drinks or myxister

4 this is a head ache that  
comes of plenty of blood

5 this is a head ache that comes  
of wind nees

6 this is a head ache that comes  
up from the stomach

7 this is a head ache by drunken  
nees

8 this is a head ache that comes  
by feaver

9 all these inquirers different  
medices

1 for a great pain in the head  
take vinegar and pepper  
boiled together and anoint  
your temples with it

10 Another

take Julapbarys boiled in  
the oil of roses

11 Another take the white  
of eggs salt and vinegar

Another take frankincense  
mustard seed boiled in  
the oil of roses

then to eat away proud flesh  
put on a little rose

Another

take Brunt Ale

how to make an eye water

take a little of eye capnos and  
boil it in spring water with  
white leaf shouger

how to make an excellent eye  
water for sore eyes

take on penny worth of white  
vittiral and steep it in spring  
water in to a glass and then anoint  
your eyes with a finger and it will

for vomiting to prevent it

1 take on glass of spirits

2 take a little of the doction of Siermond  
boiled in milk

3 take on boil full of tee

for a great pain in the head

the Juice of Rue mixed in vinegar

and the head washed with it is a

great Remedy for all superfluous

wells of the head and it strengthens

it both: and adraught of the same

going to bed helps those that

sneaker in the sleep

for Eyes that ar blasted  
onely wear a piece of black  
Sarcenet befor thy eye: and med  
with no medicine only for bear  
wine and strong drink

2

for Eyes that ar blood shot  
beat the whites of New laid eggs  
will and moisten a little fine  
flax wet it and applaid to  
eye been close shut at Night go  
to bed and on the morning take  
off and wear a green cloath  
befor the eye all day: and the  
next Night remove it and in  
three Nights it will cure

3

An Excellent matter to clear the  
sight

take of fennel: eye bright: Ros  
white: chelondine: vervaine  
and Rue of each a handfull  
and the liver of a he goat  
Chent small of Surose the

142  
— liver of a shee goat were better for  
women & infuse them well in  
eye bright water: then distill  
them in an Alembick: and  
you shall have a water will  
clear the sight beyond all  
comparision . . .

4  
Another take green walnuts:  
husks and all before they have  
shells: as also a few walnuts li-  
destilled them cold and drop  
the water into your eye

5  
for a hurt in the eye with a  
stick

take Agrimony and bruse  
it very well and temper it  
with white wine and the white  
of an egg spread it pretty thick  
upon a cloth like a plaster  
and apply it to the outside  
of eye lid and altho it be  
all most out it will cure it

to preserve a mans sight along  
time

eat one branch of Rue: and  
another of Eyebright every  
morning with a pee or tow  
this do three morings Every  
week

7

to draw Rheume back from the  
eye

take an egg and rost it hard: then  
pull off the shell and slit it in  
tow: and apply it hot to the nape  
of the Neck: and thou shalt find  
Eass presently

A madice not only for sore eyes  
but also for the Megrin

take the white of a New laid egg  
a spoonfull of the best ginger  
in powder: and a spoonfull of  
strong whit wine Viniger  
and a spoonfull of whit rose  
water: it for the eyes of Red roses



Water: if for the migrom beat  
them all together and having  
made a two plasters of flax for  
each temple one dip them in  
this madice and bind them to  
the temples with a cloth  
this in three or four Nights hath  
brought sight to such as have  
been blind eight week  
if your eyes be gummed up in the  
moring as it is like they will  
wash them with a little white  
Rose or eye bright water

9  
for such as have a skin growing  
before ther eyes

take a sawcer full of white  
Rose water: and as much <sup>min</sup>  
mirth as a Nut beaten into  
fine powder: bind up the  
mirth in a fine linnen cloth  
and let it lie it in the rose-  
water will begin to look red  
drop this water in to the eye  
and it will cure it to admiration

for the wab in the eye  
take the gall of an hare: and  
clarified honny of each equal  
proportions: mix them together  
and lay it to the wab

11

for such as have lost ther sight  
by the smal pore  
take pimpernell: stamp it  
and strin it and put the  
juice of it into the eye  
with a feather morning and  
evening

the same is an excellent  
Redamny for a pin and wab  
and pearl: and indeed the general  
pimpernell is a gallant Redamny  
for the eyes

12

for a pin and wab ~~and~~ the eye  
take ivy leaves that grow upon  
an Ash tree wipe them clean  
and stamp them and strin the  
Having added a little womens

milk to them: <sup>14.6</sup> drop this in  
the disersed eye with a feather  
four times a day

13

for sore eyes proceeding from  
Heat

take the Juice of horelock  
women's milk: Rose water  
and the white of an egg: will  
beathin and mixed together  
and dip flax in it and lay it  
to the sore eyes binding it when  
you go to bed it is a most excellent  
medice

14

for Swelled eyes

take Two spoonfulls of women's  
milk: one spoonfull of Rose water  
and part of a roasted Apple  
and the yolk of a New laid  
egg Boil all thes together  
till they be thick then spread it  
on a cloath and lay it to  
your eyes lukewarm: and in  
twice or three it will cure it

an excellent medicine for hot  
 burning prickles eyes  
 fill an egg shell newly emptied  
 with the juice of heart looke  
 and set it in the sun  
 and then take away the scum  
 from it: then strain it then you  
 have an excellent medicine for  
 your eyes

16

for Restoring of the Sight  
 take the heart and root of  
 tormentill boiled in wine  
 and the wine drunk  
 and the heart laid plaster  
 wise to the eye it will  
 restore the sight the it  
 hath been lost for severall years

17

Another take the wing bone  
 of an old gourse and take  
 the marrow of the bone and  
 anoint the nabe or pariet of

18  
in the eye it will cure it  
wonderfully } A water for the y  
Steep blow 18 } vitreal in Rose  
matter

an choce heart for the sore  
eyes

take the joice of Soled eye  
and unoint the eye with it  
19

To take away the wab of the eye  
or any other infirmity about the eye  
ther is a stone to be found in  
the head of a long snail  
which being taken out and brused  
to powder and blown into the  
eye takes away the wab or any  
other spot therin

20  
How to make an man see in the  
Night time

take the leaver of a goat and  
make it in powder: and then  
take a little of the powder at  
Night: and put a little of the  
powder of it in one daught of  
Ale and drink it at Night  
but only for why this should be  
at Night time

149

some choice medicines for the  
head

let such as love their heads or  
brains rather forbear such things  
as are obnoxious to the Brain  
such as garlick: leeks onions  
and be wary of Surfeiting and  
drunkenness

2

for purging the head  
mustard in my opinion is  
excellent and therefore a Spoonfull  
of mustard put into the mouth  
is excellent for one that is  
troubled with the lethargie  
also the head is purged by  
sneezing: but be sure if you  
would keep your Brain clear  
keep your Stomack clean.

3

Another take the Juice of  
primroses lives: mix it  
with a little milk: and got  
one to blow it up the Nostril  
with a quill: and it will most  
Admirably purge the head

for a Rhowme in the head  
and the pallsie

take a red onion and bruse it  
wilt: and boile it in a litle  
verfuyce: and put thereto a litle  
clarified honny and a great Spoonfull  
of good mustard: when it is wilt  
boiled rese the sick up right  
and let him receive the smell  
up his Nose twice a day while  
it is very hot

5

for a Rhowme in the head

Boil pimpernell wilt in  
wine: and drunk adraught  
of the wine in the evening  
hot: but in the morning cold

6

Another stew cinons in a clo,  
not: and bath they head: and  
mouth: and Nose ther with  
for the head-ack

mix the juice of ivie leaves: with  
oil and vinegar: and often Rub  
your temples and Vestivels with  
it



Some choyse remedies for the  
falling of the hair from the  
head 1

---

Beat linseeds very well: and  
mixe them with Sallet oyl  
and when you have well mixed  
them anoint the head therewith  
and in three or four times using  
it: it will help you

2

For the falling of the haire by  
reason of a scald head

warm a little oil of tartre  
that which is made by deliqu-  
ium) and rub your head with it  
and in a little the haire will come  
again

3

For baldness in the head  
Anoint with the oil of  
Luzearde and the baldness  
will grow one again

for a Dizziness in the head  
make tents of linnen cloath  
and dip them in cinamon  
water: and put them up into  
thy Nostrills and they will  
instantly give the help with  
admiration

---

for Difnes: with noice in the  
ears

1  
Take a little black wool: and  
dip it in strong spirit of wine  
wring it pretty hard out  
and stop your eares with it  
dip it out again once or twice  
a day

2  
for a pin in the ears  
drop a little oil of Sweet  
Almonds into the eare  
and it easeth the pain instantly  
and yet the oil of bitter  
Almonds is our Docter.  
Command Remydy

for an imposthume in the eare  
boil some milk: and put it in  
to a stone pot with a narrow  
mouth and hold the sore  
ear over the pot while the  
milk is very hot: this ease  
the pain and brack the  
imposthume

4 the  
to take an earwig out ~~of~~  
eare

Take an old Apple and  
cut it into tow peeces  
and lay on piece to the  
eare and lie down on  
that side and the earwig  
will come out to the Apple

A most chioice and excellent  
madice for curing the teethack  
take 31 drops of the oil of  
terpentine: 21 drops of the oil of  
vitval 21 drops of the oil of  
actesortice and put all this in  
a glas and a wax cork: and then  
take a pinch and a noot the part  
with the ointment and in 11 months goe

# Choice madices for the infirmity of the Nose

---

for a fleshy substance growing  
in the Nose

take the foice of iwie and  
make a tent with a little  
cotton the which dip in the  
foice and put it up in the Nose  
- stirall

2

for a bleeding in the Nose  
put a piece of Rot hoggs turd  
as it comes from the gey up in  
your Nose

3

Another bind the Arms and  
legs as hard as you can with  
a piece of tayeribboning  
that perhaps may call back  
the blood

4

Another hold a living toad  
near Nose it stops the blood  
instantly

to cleng the Nose  
5  
Snuff up the Juice of Red Beet-  
roots it will cleng not the  
Nose but also the head

for a canker in the Nose  
boil strong Ale till it be  
thick: if the Canker be in the  
out side of the Nose spread it  
as a plaster and apply it  
but if it be the inside make  
a tent of a lining rag and put  
it up the Nose still

7  
for abiding of the Nose  
Take Amber and brase it  
into powder put it upon a  
Chasing pish of coales: and  
Received the Smoke up in the  
Nose with a fannell

8  
Neither let your Nose blood  
upon a hot gerdel and  
Sniff the powder of the  
blood up in your Nose

Another when all other mean  
hath been used to stop the bleeding  
it hath been well known to  
stop it by opening a vein in  
the ear

---

Choice medicines for the  
infirmity of the mouth

for a sore or distilled mouth  
take one Spoonfull of hanny  
and a little of ame and white  
shouger bruse and squased  
to gether: and often anoint  
the mouth with a feather

2

for spitting of blood  
drink a Spoonfull of the  
Juice of Bettony: mixed  
with milk every morning

3

for a stinking breath  
take the Juice of Rue

and black mint and snuff  
it up your nose

157

<sup>4</sup>  
for the loss of speech  
take the spice of sage and  
primrose and hold in in  
your mouth and you will  
shun speech

<sup>5</sup>  
for Extrem heat of the mouth  
take Rib wort and boil it in  
red wine and boile the  
doction as warm in your  
mouth as you can endure

<sup>6</sup>  
for a canker in the mouth  
wash thy mouth often  
with verjuice  
Noller wash thy moull  
with water of perwinkle  
or lavender or sanctory  
or Burnet: but in my  
opinion the doction of  
either is better



# of the teeth and its diseases (the spirit) of salt

158

how to preserve your teeth from  
rotting or aking  
wash your mouth continually  
every morning with the juice of  
lemmons: and after wards  
rub your teeth & ether with sage  
leaf or ether with a little Nutmeg  
in powder: also wash your mouth  
with a little pure water after meat  
for the only way is to keep the  
teeth sound and from pain  
is to keep them clean

2

to make the teeth white  
dip a little piece of white cloth  
in vinegar of Quinces and Rub  
your gums with it

3

to strengthen and fassen the teeth  
wash your teeth with the same  
vinegar of Quinces: it not only  
whitens: and fassens the gums  
and teeth: but also it sweetens  
the breath.

4  
for the toothack } the spirit  
                              } of salt 2 ) 159

Boill white-bran: stale Ale  
to gether till it be as thick  
as mustard: let it stand while  
it is cold then strain what you  
can out of it: and ad to what  
you strained the like quantity of  
the juice of Rue: make it into  
paste: which paste tie up into  
a little bag of fine linen cloath  
lay it one of these beluixt your  
chik and your aking tooth down  
on that side and let the water  
run out of your mouth

this not only takes away the  
teethack but also clings the  
brain

5

lay up a little gun powder in a  
rage and put it beluixt your  
teeth

6

lay one having worth of tar  
one your cheek all night

this will not only take away  
the toothack but you will one  
more be cured

Another take hounds tongue: and  
stamp it: and fry it with butter  
and make a plaster of it and binde  
it to the cheek of on that side  
where the pain is on.

Another take <sup>8</sup> a pint of the Strongest  
white wine vinegar you can get  
and handfull of Sage: and a quarter  
of an handfull of the roots of Reed  
Nettles: and as much oaken rind  
boil all this together and wash  
your mouth with it

Another <sup>9</sup>

how to make the teeth fall out  
of themselves

take the root of mulberry tree  
lay it in Sleep in Strong vinegar  
then take it out and dry it the  
sun Beat it to powder then do but  
touch a tooth with that powder  
and it will drop out

10

for rotting of the teeth

wash thy teeth and mouth with  
the water of mother-wort  
or the water of vervain &c

11  
for the tooth ake

161

take ivie berries and bruse them  
and when you have done so  
boil them in strong white wine  
vinegar. wash your mouth with  
the doction: and lay the ivy  
berries hot to your cheek

12

Another to stop an egg hard: and  
when you have done put to it a  
spoonfull of salt: and two spoonfulls  
of whet wine vinegar: and beat  
them all together to a pulp very  
well. and now and then rub  
a little into your mouth

13

to make childrens teeth cut  
take the Braines of a hare or  
the braines of a hen and rub  
the childs gums with them  
once or twice a day  
and it will make the teeth cut  
without pain

14

Another take the tooth of a  
colt of a year old: or the  
tooth of a calve: and bind it

about the child's Neck: <sup>162</sup> and  
the teeth will cut with out pain.  
the teeth of a dead man will do  
far better then either of these

15

How to fasten the teeth (the spirit  
of salts)

Seeth the roots of vervain in  
old wine and wash your teeth  
open with them and it will  
fasten them firm } a noiset your

16

for the tooth ack } teeth with the  
oil of Camph-  
-ear

take the inner rinde of an  
elder tree and bruse it and  
put therunto a little pepper  
and make it into balls and  
hold them between the teeth  
and ack

17

for rooting of the gums and  
them consuming

take sage water and wash  
your mouth it every  
morning: and after wards

rub your mouth with sage  
leaf

for a canker in the gums

take white wine as much water  
and an ounce of Brant Allum  
and a handfull of Cinkfoyle roots  
Crused Boil all this in an  
earthen pot: and so anoint  
your gums with it

19

Another take the heart of  
grace which is called Rue  
stamp and press out the pice  
and mix it with as much  
strong vinegar and dip one  
linnen rag doubled severl  
times and apply it to the  
gums

20

How to make the tooth drop out  
without any instrument

th take the powder of earth worm  
and mice dung: and of a hare tooth  
and put it into rotten tooth it  
will drop out in an instant.

21

for the teethack

take a little flax like a bale and  
dip it in brandy and pit it in  
the loage the is it is set the sor tie

for the teeth ache

ty Saffron up in a litle rag  
and hold it in your teeth

for the teeth ache } <sup>2 3</sup> hold in the hollow  
of the teeth <sup>opium</sup> pill

take a piece of the root of  
Crow foot & ther put into the  
tooth or other wise applyed  
to it gives present Ease

Another take a few Drops of the oil of  
Turpiter and hold it in your teeth and Anoint  
it with it

Another wash your teeth with white wine  
vinegar and yob chipe without with it

Another hold a Dead persons teeth in the  
teeth that is sore

Another hold a madwort feet in your  
teeth } A most excellent medicine for the teeth  
ache } touch your decayed teeth with the red stone  
and set your mouth towards the North  
and it will live you

A Chouse medicine for the  
gout take 3 happers worth  
of various traykell and  
drop it in hot mill and water  
and let the person drink this  
going to a warm bath and keep  
warm and you will sweeten it  
away all the pain



# of the face and its infirmities

165

Let such as are troubled with red  
faces abstine from salt meats  
such as salt fish or drinking  
of strong beer: strong waters  
or wine: garlick: onions  
likes: and mustard or tosted  
cheese or sabbies for that is  
hell upon earth to such

<sup>2</sup>  
for those that have a red face  
let them use in their broth  
and stewed meats such as  
purslane: sorrel: wood  
sorrel: lettuce: sparagus  
tops and roots: tender tops  
of Ribs: endive: and succory  
and let them alwise keep their  
bodies laxative and sleep with  
their head hanging

<sup>3</sup>  
for a red face to cure  
take Sow thistles: Borrage  
sorrel: purslane: French Barley  
parsly roots: and liquorice boild  
them together in running water

166  
and drink a draught of the  
election morning and at last at  
Night

4

Another take Blood-wort-trefoyle  
and Serving grass stired in all

5

Another get one tipneck worth  
of the better Apple and  
put in in one bottle of spirits  
and tak on glase in the morning  
as long as it lasts

6

Another drink morning and  
evening of the decoction of  
the woods

Another

7

wash your face evening and  
morning with lim Stone water

8

Another to make the face fair  
boil Rose mary flowers in  
white wine: and drink a  
draught of the doction of it  
Every morning and wash your  
face with another part of it

Another take one pound of  
Rosemary flowers and put them  
into a bottle of white wine  
shake them well together and  
let them stand for a month  
then strain them out and keep  
the wine for the for said use

10

Another: wash your face with  
Bean flour water: yet in  
my own opinion Burnet water  
is the best the my at other hold  
out the contrary

11

for the white scurfe in the face  
take in mcken of vinegar  
in which dissolve an ounce  
of camphir: let them stand  
together (for) stoored 14 day  
wash your face with it  
every morning I have known  
them who had this upon their  
face for several years like  
a laperd and yet that have  
done the same

to trockles in the face  
 Anoint thy face at Night  
 going to bed with the blood  
 of a hare or of a bull  
 the next morning wash it of  
 again: and then though it make  
 one look more like a fury  
 then a man I will cure him

13

Another Stamping Salvedine  
 press out the juice: and mix  
 it with the like quantity of  
 white wine and anoint your  
 face with it at Night  
 when going to bed

14

For a blasted face  
 take hixxy suckles and press out  
 the juice and anoint your face  
 with it going to bed.  
 But it is not that hixxy suckles  
 which twist or climb trees  
 of walls its is that sort late  
 meadow trefoyle

for a face full of red pimples

Dissolve camphir in vinegar and mix it and the vinegar with Sallendine water and wash the face with it often

Another medow honey suckles cald trefoyl and destill them and wash your face with the water this will perfectly cure you never to be troubled again

Another take franck incense and beat it up to powder with Saffron and cast the powder upon a chafing dish of coals and Recieve the smoke of it with open mouth and using of it often will cure you

for to take away the marks of the small pox

take the foice of fennel beat it lute waken and when the small pox is well scabed anoint the face with it

diffinant times day

170

19

Another anoint often with  
the oil of eggs thus Sertainly  
is the best & camidy

20

for a Red face to cur  
take one handfull of Scuroy  
grap: and one handfull of  
tutsan leaves Boil them well  
in Ale and strein it and drink  
a draught of it every morning  
I desir you to be cautious in  
using this madine in giving of  
it to young people for tutsan  
lives. Consums the seed and  
cap Barneß 21

for to cure an Red face  
take two or three toads and Boil  
them in oil very well: and this  
oil will by unction quickly  
cur the red face out of all  
Quartern or Robt: and this is no  
wonder beacuse blood flies from  
its enimy) Another anoint thy  
face often with white wine vinegar and  
water) take the flower of green stone  
every and morning

for the throat and its infirmities

171

the Diseases of the throat most  
commonly proceed of the Rheum  
descending from the head upon the  
trachea arteria or wine pipe in  
such cases that is many times no  
other cure then first purge the body  
of flegme: and then the head of  
Rheum as you was taught before

2

for hoarsonesse

Take of Sugar so much as will  
fill a common taster: then put  
so much rectified spirit of wine  
to it as will just wet it: and  
eat this up at night going to bed  
use this three or four time together  
take <sup>20 drops</sup> ~~flavour~~ oil <sup>half a dr</sup> of white wine vinegar  
and <sup>one</sup> ~~once~~ of brown shouget mix them

Another if the body be peaverish  
use the former medicine only  
use oil of Sweet Almonds or  
for want of it the best Sallet  
oil in stead of spirit of wine  
Another dry all night on handfull  
and on mouthfull of hot salt  
this takes away the harshness



172  
Another take penny royal  
and seeth it in running water  
and drink of the decoction  
at night going to bed with a little  
Shugar in it.

B

For Sore throat or Shortness of  
Breath ) take colls feet calid  
dirt lagow flowers and a little of  
Minits Seeds: and a little of  
Alga-pen and boil then in  
brun Shugar and drink the  
Doction: and Blaw the same  
things in a pipe } Another take  
a Hump of Rudder and Cent  
with brun Shugar  
for asore Throting

Blister back both the Arms on  
the insid above the Elow  
and both the legs above the  
ankle

and drink Ale barry often  
for Shortness of Breath

vinegar of Rue taken inwardly  
is excellent of Shortness of Breath  
or Topping in the Great or Lungs

of breasts and lungs  
and their infirmities

---

1  
for a cough in young  
children

Rub his Stomack well when  
goes to bed with oil of Roses  
and then lay a warm cloath  
to it and in three or four Nights  
so rising he will be cured

for weakness<sup>2</sup> of the lungs

Beat the lungs of a fox in  
to powder: and tak a drachm  
of the powder every night  
in Rose water or if you  
will you may take it in the  
moring 3

for inflammation of the lungs  
Dissolve sugar candy in Ros  
water and drink no other  
drink 4

Another ancient the breast  
open with the oil of violets  
or the oil of water lillies

for a stoppings of the breast  
take the gum of <sup>a</sup> Cherry tree  
and dissolve it in dd wine and  
let the sick drink thereof  
and it will open his pines  
gallantly: better then a fledge  
and wedges

Another: take figgs and slit  
them and fill them full of ~~mustard~~  
mustard: then boil them in white  
wine: eat the figgs and drink  
the wine

---

for womens breasts their infirmities  
and cures

---

for sore Broken breasts  
take wheat flour: yolks of eggs  
and the juice of plantaine mix  
it together till it be thick like  
an ointment: spread it upon  
a cloath and apply it to the  
sore breast  
if there be any holes in the

Greest dig a tent in the 175  
ointment and lent them with  
and lay a plaster of the same  
over it 2

Another Boil Chicken weed  
in Sweet milk and ~~but~~  
with it often

3

for a sore Breast

Take a handfull of figgs and  
Stamp them well till the kernell  
is broken: then temper them  
with a little fresh grease  
and apply them to the Breast  
as hot as you can indure  
it will presently will take  
away the pain: and if the Bre  
breach it will shun. Breach  
it & it will cure it without  
breaking 4

for an inward sore Breast  
let him drink either the  
juice or decoction of  
Veraine it neuer fails that

<sup>176</sup>  
The sirup was made of it to  
be kept all the year  
for a Sore and ill digested Stomack  
like often chalk in drink  
for a Sore Stomack

take a little Shorn Still or iron  
in the morning and night  
and eat it 6

Another take a vomater

Another 7  
ginger Eat often Stomack

8  
take a little safron

9  
take tow or three pills of  
mace in your potage every  
and morning 10

drink morning and evening  
cow te 11

for want of milk in the  
Breast

drink the decoction of  
-Uervacne

for hardness in the breast if  
it is wasfull to starssess  
when thy have newly waned  
ther child to have the breast  
grow hard and the milk to  
crude in the Breast

take chikon weed and bil it  
in plantane water and put  
a litle sweet buter to make it  
moist and aply it for a polliss  
to the breast

13

Another take populeon  
and lent seed oil of each a  
litt~~le~~ quantity mix them to  
gether: and warm them well  
then dip a cloth in it and  
lay it to the Breast: it will not  
only take away the hardness  
but also dry away the milk.

14

for a sore breast  
take clarit witer and  
boil it with barley flower

<sup>178</sup>  
flower till it be thick like  
pottage: put a little oil to  
it or Sheep Suet to keep it  
moist and apply it to the Breast  
15

For want of milk  
take green wheat so soon  
as it begins to change color  
crush it well: and boil it in  
Sallet oil: then strain it  
and keep the oil till you  
have need of it to anoint  
the Breast 16

Another take Christal  
and beat it into very fine powder  
take a drachm of it in the  
morning in a draught of  
muskadel 17

For inflammation in the Breast  
this infirmity women  
usually call the Ague  
in the Breast: take the white  
of tow eggs tow handfull of



How look or Sengreen 179  
Beat them together and lay  
them plaster ways to the breasts  
18

to Cure Sore Breasts without  
a Scarre

take the yolk of an egg and  
beat it with fresh grease  
and when your breasts are  
almost well apply them  
plaster ways to them  
this will cure not only the  
breasts: but also any other  
wounds without a scarre  
the oil of eggs will do  
the like

---

of the Spleen and its infirmities

---

the Spleen is a spongy piece of  
flesh in the body of a man lying  
under the last ribs on the  
left side: it is the seat of  
melancholy: and of the retentive  
faculty throughout the body  
of a man: it causeth mirth and

~~the~~  
180  
laughing: Sadness: and sighing  
according as it is well or ill affected  
2

the Spleen is seldom affected: but it  
stirs up wind in the body extremely  
because it lies in so great a cavity  
3

there is a great harmony between the  
liver and the Spleen inasmuch that  
the one is never afflicted but it  
afflicts the other in one measure or  
another neither is any thing medical  
for the one but in one measure  
or another it helps the other  
4

For hardness of the Spleen  
take the marrow of beef and  
mixe it well with the like  
quantity of oil of Sweet  
Almonds: warm it well  
and anoint your left side  
with it  
5

For the Spleen  
take the mar yins

of an Ash tree <sup>181</sup> Bruise  
it and boil it well in  
white wine: and drink  
a draught of it Ey.  
moring 6

Another in the moring wash  
your left side with your own  
water 7

Another take the roots of  
Nettles stamp them well  
and Boil them well in vinegar  
to a poltise and apply it  
warm to the left side  
8

For the Spleen over Hardened  
in this case many times you  
have no other remedy then  
to let blood in the fundamen<sup>t</sup>  
with horse leeches

9  
For the Spleen  
my own most approved  
Remedy for the Spleen as this

if the spleen be afflicted  
with cold: rub your left side  
every morning when you rise  
with your hand then anoint it  
with ointment of tobacco  
and by a tobacco leaf moisted  
with the same ointment  
by the region of the spleen

Another <sup>10</sup> take one hand full  
of hemlock and warm it  
very hot and apply it to the  
side: it is better an ointment  
was made of it for to keep in the  
house for such occasions  
for hemlock being an herb  
of Saturn it is an excellent  
simplicial remedy for the  
Spleen

for a pin in the side in women  
take on glass of white wine  
finger morning and evening  
and take a little wheel bread  
after it digest in the same and  
Roob down the side with it

# of the Stomack and its infirmities

The infirmities of the Stomack  
usually proceeds from  
Surfeting 2

Let such as have weak Stomacks  
avoid all Sweet things as honey:  
Sugar: Sweet milk Cheese and  
all fat or fryed meats: nor eat  
befor he is hungry nor drink  
befor he is dry 3

For a pain in the Stomack  
take a slice of bread of a  
pretty thickness and toast it  
very hot: then dip it in the  
oil of camomel: or the oil  
of Spike then wrapt it in  
a linnen cloath and apply it  
to the part pained

4  
For Heat in the Stomack  
Swallow four or five  
grains of mastick Night

184  
go in to bed for 4 or 5 Nights  
together } for a pain in the Stomack  
} drink of row bark

for windiness in the Stomack  
take in beer a scruple of  
Castoreum every morning.  
or take it in wine

6

for a stinking Breath caused by  
the Stomack

take three ounces of cummin seed  
every morning in good wine &c

it is also an excellent Remedy  
for windiness in the Stomack  
bruse them well and boil them  
in a gallon of sack till half  
be consumed then strain it and  
drink a draught of it in the  
morning and last at Night

7

Another take the tops of Rose-  
marry: boil them in wine: and  
drink a draught of the decoction  
first in the morning and last in  
the Night

For one that vomits up his victuals  
take Quinces: the cores and rinds  
Being taken away: Boil them in  
strong vinegar till they be soft: Beat  
them in a mortar and make them  
into a pollices with mustard seed  
and cloves beaten into powder  
Spread this upon a cloth and  
Apply it to the Region of the  
Stomack this in three or four  
time will cure

9

For a weak Stomack

take an ounce of cinnamon  
half an ounce of galanga  
and as much ginger. Beat them  
into powder and with syrup of  
hyssop make them up into an  
Electuary: of which take the  
quantity of Nutmeg every morning  
fasting an hour or two after it  
if you can not get the syrup  
of hyssop: put

10

For a weak Stomack

take a oaken leaf and lay  
it upon your tongue: with  
rough side downward



then shut your mouth close it  
and it will draw the water from  
your Stomack  
11

for the Historick pains  
this trouble w<sup>th</sup>ly begins like the  
cholick runs at the Stomack  
then works down ward and run  
the bowels like the gravil

2  
take 21 drops of the oil of turpenter  
in one muckken of warm Ale

3  
tak 2 or 3 blades of mace in  
warm breath

4  
take 2 leaths of garlick in one  
glass of spirits

---

of the liver and its infirmities

---

1  
if the liver be too hot: it usually  
proceedeth from too much blood  
and is known by redness of the  
urine: the pulse is swift: the  
veins great and full: the  
spittle: mouth: and tongue:  
seem sweeter then they use  
to be the cur is letting blood out  
in the right Arme

to cause the liver well to digest  
take oil of worm wood and so much  
mastick in powder as will make it  
into a pollice lay it warm to your  
right side

3

for heat of the liver

take Liver wort: Cinkfoyle  
Endive: Succory: Cabbage: and  
buglosse of each equal quantities  
boil them in clarified whey  
and drink no other drink

4

Another take a few thistles: dandel-  
ion: and Ribwort of equal quantity  
ether boild them in clarified whey  
or els in far water: or els steep  
them in Smal Ale and drink  
Eving and morning

5

for a stoppage of the liver  
take ice berries: Agrimony  
harts tongue: liver wort: and  
the bark of Ash tree steep them  
in smal beer or els make them  
in a Siron

Another use garden thyme in all  
your drinks and broath it will  
proove stoppages before they come  
and cure them when they are  
come

7

### A caution

if the liver be stopp'd: the face will  
swell and you shall be as those  
of have a pin in your right side  
as though it you had it already

8

for the liver

the liver of a hare dried and beaten  
in to powder cures all diseases of the  
liver of a man

9

gently to clonge: and cool the liver  
take of liver wort: fumitory: and  
hartstongue of equal quantities  
Clarifie them in whey and drin  
on mouchken of it every morning  
fasting thow or three hours  
after

of the side and ther 189  
infirmities

---

### A caution

if you have a pin in your side  
and question whether it be a plurisie  
or not: take worm wood and heat  
it hot against the fire between  
two till stons: and when it is very  
hot sprinkle it with a little  
muskadel: then put it in a linen  
cloth and lay it hot to your side  
if it be only wind: it will take  
it away in two hours: but if it be  
the plurisie it will increas the  
pin and then you must look out  
for some other Remedy

2

for wind in the side

take the leaves of holly: and dry  
them well and beat them to powder  
take tow drachms of it in wine  
and it will give thee ease immedi-  
tally

3

for a stich in the side

take the wrine of kern that  
is ill and boile worm wood  
and cummin seeds brase

very will in it: <sup>190</sup>and anoint  
the sides going to bed with  
the liquer 4

Another anoint thy side  
going to bed with the oil of  
Oayes 5

For a stich in the left side  
take a quantity of cummin  
seeds and bruse them very  
will: and infuse them in  
malmsiey or muskadel  
three or four hours then fry  
them in a pan till they be  
prety thick: put it in a  
linnen bag and lay it to  
your side 6

Another take a red call  
black and anoint it will  
with butter and lost  
it will at the fire then  
lay it to your side

For womens pain in the side drop a few drops  
of the oil of camomile: or the spirit of  
heart herb

# of the heart and its infirmities

---

for a troubling of the heart with  
out a fever

Take the man of an old cock: dry it  
and beat it in to powder: and take a  
drachm. of the powder of it in the  
moring in wine

2

Another take red corral: and beat  
it into very fine powder: and take  
a scruple of it first in the moring  
and last at night in Cabbage  
water

3

For fatness about the heart

Take the joice of fennel: and  
clarifie it: and make a syrup  
of it in honey and take an  
ounce of it in the moring  
and evening

4

For a knowing about the  
heart

take Sage leaves: and yarrow  
beat them and press out the  
joice clarifie it: and drink

<sup>192</sup>  
A Spoonfull of it every morning  
or ever dawght of Beer you  
drink

5

### A Cawtion

things which strengthen  
the heart: as Saffron: Rue:  
Cottage Buglose: hert horn  
mustard: red roses: violets:  
mace: good wine: and spirits  
of wine moderatly taken

6

for heart Qualmes  
take half a Drachm of  
piony roots in powder every  
morning: or a Spoonfull of  
Syrup of pionyes: and to be  
sure you shall be free from  
it all that day

for hives on children but the heart  
take the powder of Annits and the  
powder of Brimstone and white Shouep  
mixe the all together and give the  
child a little of it and it will be  
a sudding relife



of the Belly and its 193  
infirmities

for a hard belly without pain  
take mallows: and mercury  
and stamp them together  
the hearb mercury I mean  
not quicksilver and make  
a plaster thereof and lay it to  
the Navil

Another: <sup>2</sup> take Rue and press  
the Juice out: Clarify it  
drink a Spoonfull of it in  
all the drink you drink

for a hard <sup>3</sup> belly that is sore  
Take pennyroyal: and mix  
a little ginger with it in  
powder and Apply it  
in plasters wise to the belly

<sup>4</sup>  
for a Bastard cholicke  
take wormwood Rue  
motherwort lavender  
Cotton stamp them then  
mix the gall of an ox

194  
with it warmed and Apply  
it plaster wise to the Belly

5  
for worms in the Belly  
take one handfull of Rue  
and one handfull of wormwood  
and one handfull of the Cair's  
foot and make them into a powder  
and take a powder of this evening  
and morning: or else make the  
herbs into a Syrup  
this kills and destroys all  
worms in the Belly

6  
Dreg the first worm into powder  
and give it in meate or drink  
and it will bring away all  
the rest

7  
get one penny worth of the powder  
of tin and give it in hot Ale  
and it will bring away all the  
worms Shorn Small

8  
get one Joil of floirance oil  
and make it thick with powder Shung  
and take one or two lie handfull  
morning or evening

of the Navil and its  
infirmities <sup>195</sup>

for the Swelling of the Navil  
take Cows dung and Dry it to  
powder: and Barly flower: and  
bean flower of each a little quantity  
and a little Cummin-Seed betw  
into powder: and make it up into  
a plaster with the Juice of knot  
grass and apply it to the Navil

2  
Another take Cows dung and  
boil it in the milk of the same  
cow: into a plaster and apply  
it to the Navil

3  
For a Childs Navil that is sore  
with crying

take a little bean flower and the  
ashes of fine cloths burnt  
temper them with red wine  
and hurry and lay it to the sore

4  
for a sore Navile Burne raggs  
of linnen cloaths and put it on  
the Navile

# of the Back and its infirmities

For weakness of the Back  
Take Barly flour: and Bean  
flower of each equal quantitie  
make it up in to a plaster  
with the oil of Roses: and the  
yolk of Egge: and Apply it to  
the back 2

Take Rice in fine powder  
and wheat flower of equal  
quantities: temper it with  
Claret wine and Sagar  
the powder of Clary and  
Nutmeg make it in to a  
cake with Fresh butter  
and bake it and eat it  
other Carkepast but it  
being baked for sundry daye

for a pime in the Back

take an mackerell of stinging  
boill it along time a soft way  
order and an oyle made

3  
for a pine in the back 197  
take fresh cow dung: and fry it in  
vinegar and apply it plaster wise  
to the back: you will little think  
how soon it will give you ease

4  
for a heat in the back  
Boil the leaves of willow trees  
in water till they be thick as a  
poltice: and apply them to the  
Raines of the back as hot as you  
can indure it: and if it be at  
the time when the willows  
have no leaves take the inner  
Rins of the bark of the tree  
and in 4 or 5 times dressing  
it you will be heall

5  
to make a strangthingery  
plaster for the back  
take reed reed: beewax anniseed  
hit rosen and old tallow  
for the Remeedye paine in the  
back or Neck or any other place  
make a balm with black  
soy and salt and rub it with  
it

of the yeard and its  
infirmities

for those that can not get  
water made

anoint the back and shew bones  
head with hripel grass sae  
Another with brandy

2  
take inwardly tow slices of  
Car Hill son in or muchken  
of hot Ale

3  
Another drink the doction  
of Burdocken seed; or Nettles  
root; marsh-mallows

4  
for a swelling of the yeard  
or Cods

take of Cammon seed in powder  
barly meal and hony and mix them  
well together with seep sate and apply  
it to the yeard or Cods

Another anoint it with sweet oil  
warm and put a warm wool cloth  
to going to bed

# of the fundament and its infirmities

1

for a falling out of the fundament  
be ware of taking cold in that  
place: Be sure to keep your buttocks  
warm be ware of sitting upon cold  
Earth or stones

2

for the figge in the fundament  
this impediment is an impost-  
humation or lump of flesh growing  
in the right gut proceeding of  
melancholly humours descend-  
ing thither and therefore first of  
all purge melancholly & then  
with confection of Ramech  
or pills of lapis lazuli

3

Another take the powder  
of a doggs head brant  
mix it with the juice of  
pimpernel: and make long  
tents of it and put them  
up the fundament.



for falling out of the fundament  
take Bay leaves and Boil them  
well in water put the water  
in an earthen pot and set over  
it as hot as you can indure  
that the fume may go up your  
fundment

5

Another take red Nettles and  
Bruse them very well: and then  
boil them well in white wine  
in an earthen pot: till the  
half of the wine be consumed  
let him drink this liqueur first  
in the morning: and last at  
Night: and by the heards to  
his fundament as hot as  
he can indure

of the Thighs and ther infirmities

201

for a stiffness of the thighs  
take brook lime: hoarehound and  
Sant John wort: tallow Rags grass  
and bill them all well together then  
strain them out and keep the  
oyntment of your use

2  
for a ching of the bones of the thighs  
take on muchken of white wine  
and gall of any oxen Boil them  
to a plaster with a few crumbs of  
bread spread it upon a cloath and  
ly it to the grieved place

3  
to knit the sinews and veins of  
the thighs

Take great Earth worms and beat  
them all to mash: and ad to them  
a little mastick unproader then  
boil them in oil till it be  
thick like a Sae: then spread it  
on a cloath and ly it to the  
grieved place let it ly on 9 days  
and then all will be well  
again

for a swelling of the thighs

take hen dung or pigeons dung  
pigeons dung is fare better  
and sheep talow: and smallage  
and chick weed beat them all together  
then fry them well in beeps of  
muskadel if you can not get  
the lees use muskadel its self  
and apply it being fryed as  
hot as you can indure to the  
place 5

for sinews that are shrunk in  
the thighs or els where

take young Swallows out of the  
Nests: and take Rose mary tops:  
bay leaves: lavender tops: and  
strabery lives of each hand full  
cut of the long feeders of the  
wings and tail and put the  
swallows in a mortar and lay  
the herbs upon them and beat  
them all together in piess gut's  
feeders: Bones and grise

and Boil them all together  
and Strain out the Juice and  
keep it for an oymment  
for the use

---

for the knees and ther infirmities

---

for ache or Swelling in the  
Knees

take Rue: and Louage and Stamp  
and mix them with a little honey  
and Apply it to the Knees

2  
Another anoint with the knees  
warm with white wine vinegar

3  
take Chicken weed Spruce Salow  
and camvile and Boil them  
will in Sweet milk and  
anoint with the doction  
and apply the herbs to the  
knees 4

Another bath it often with  
tar water 5

anoint with Sweet oil

# A table of pills

2 what pills is for binding  
sleeping and for easeth pain

Edellium) opium laudan-  
um: styrace: cynoglossa  
Scribonii

2 what pills is for purgen

Rhubarb Agrimony: Cochine  
Agarico: Alhandal

Agrick: Agarico: Ruffi  
mastick: fumitory: indi  
turbit: imperiale

Agregative lucis-majores

How to make pills for various  
Diseases and pins on the body

Take 2 worth of Aloes: one penny  
worth castile soap: one penny worth  
of Linny and one penny worth

Ruebush and mix and brise them  
all together and make the up to a pill  
and take two in the morning and 3  
at Night

for haues in children

205

take the Syrup of rōubarbe and  
and some few drops of the oil  
of anits: and sweetent with  
vanis traickle and compound  
them all together in a glass  
and give a young child two  
te Spoonfull in the mornge  
or els take powdered rowbars  
mixed in Ale and sweetned with  
shouger and give the young child  
two tie Spoonfull or 3 in the  
mornge

for the Right of Rives in children  
take a quantity of old carmes  
and the oil of anits and sweetned  
with venis traickle

Another take one peny worth of  
old carmes in haff fill of wine  
or Rume and give two or tie Spoon  
full morning and evening  
and anoint with milk and  
watter and the tonges being  
heited and put in to it  
or els anoint with Nect-  
politamen

For a Eacking coming of an  
old Sore in the knees  
take a bottle of Runing water  
and a muchen of Bay-Salt Boil  
them together till half be  
consumed then make it thick  
with Bran: and lay it the place

7

Another make an oyentment  
with the joice of Nightshade  
and may. butter to anoint  
your knees with

8

For Sore Swalled Liges gotten by  
water take a little quantity  
of otrs: and Boil them in  
water and put the doction in  
to a earthen pot and cover  
it till it be low warm  
then bath your legs with  
it

9

Another Boil milk and  
water together with chiron  
weed and bath with it



of the legs and feet and  
ther infirmities

207

for Swallings in the legs  
take worm wood: Souder  
wood: and Rue Equal  
and Stamp them well together  
and fry them with hony till  
thy waxe dry then Apply  
them to Swaled legs or arms

2

Another take chicken weed  
and pellitory of the wall  
of each a handfull take  
Sheep talow and tartar beaten  
tow onces: Boill this in  
milk till thy be soft like  
a pottage and apply it to  
the legs or arms

3

Another take aquavivly  
Red wine and Boil it  
with a little Rye bread  
and Apply it warm to

For Red Swaled legs or Earms  
 take oat meal: and Boil it in  
 milk: and when it hath boild  
 a good while add to it a handfull  
 of mallows: and a handfull of  
 house leek or Sen-green  
 Chopped Smal together with some  
 Sheer Suet Boil it into a  
 pottice and Apply it to the  
 sore place: and it it be  
 Reddy to Brack it will brack  
 it but if not it will cure it  
 without Breacking

5

For the moul's in the heels  
 take a little of tar be wax and  
 un wrought Rozed and boild  
 them in to a sae and Apply  
 it to your heels

6

For a corn on the toe  
 take a black snail and roast  
 him till on a white wet cloth

bruse him and by him <sup>209</sup> hot  
to the corn and it will take  
it away in a very short time

7  
to make a Nail grow one  
wher it is wanting  
take cinkfoyle: and bruse  
it with any fresh grouss  
and Apply it to the place  
wher the Nail is wanting  
and it will grow one  
in a short time again

the Sings to know whither a sick  
person will live or die

- 1 take a lump of hogs grease and rub  
the sick person with it against the heart  
and the soles of his feet: and thro it at a  
dog: and if the dog eat it he will live  
but if not he will die
- 2 Singe: is take tow heurion salt: and  
spalder them and then spread them with  
mustard and put them to the soles of  
the sick person: and 24 hours after that  
look if the soles red and Swelled it  
is a good singe: but if they be white  
and swollen it is a bad singe
- 3 Singe look if the sick persons  
nails be yellow: and thy be yellow  
he is fast decaying to an end: and if the  
heall pulse be given over thy or ~~remember~~

the three

Clap to show  
what Madices  
is for many troubles  
pains and Diseases  
which befalls the  
children of men

For oounds that is Disfled at the bone  
make potage made of old stell wash  
and put to a plaster of them to it  
Another: bath the wound often with  
the oil of turpenter

how to know if a sick person  
will live or dye  
take the persons water and steep  
the leaves of Nettle 24 hours  
and if the leaves keep green and  
fresh then the person will live  
or not death and danger  
will follow

# Excellent medicines for the gravel

there is three sorts of gravel  
the windy gravel: the sandy  
gravel: and the stony gravel

for the windy gravel 1  
take 25 Drops of the oil  
of turpenter in or muchk  
on of hot Ale

2

take garlick stined in brandy

3

Another Nettles root: carnive  
flours: parsley: and Annis  
seeds and boile them in  
to a sirup with Brun  
shagar and take on Spoon  
full at a time.

for the sandy gravel  
take one or tow dose of  
Salts 4

Another shear down tow or  
three Sclips of carstil son  
in on muchken of hot Ale  
or tow pills of carstil son  
6

Another take Burr Seed  
Netls root: march malow  
and boill them in to a  
sirop with bran sugar  
and take one spoonfull  
or tow at a time  
7

to make water come in an  
instance that cannot get it made  
take good Saffron in powder  
and mix it with as much black  
soy and spread it on the  
fleshy side of a piece of lendor  
and lay it to the Navil

an hour: and you shall than  
see the wonderfull effects: it  
will have 8

213

How to brack the stone in  
the bladder

Burn turpentine upon a hot  
plate of iron: and give tow  
drams of it at a time in  
powder in Saxifrage water  
it will brack the stone in  
the bladder: also by taking it  
once or twice a week it keeps  
such safe from the stone as are  
subject to breed it

9

to provock urine

Take snails Shells and all: and burn  
them in a crucible till the  
Ashs be white and half adram  
of this taken in white wine  
is a great provoker of urine

10

Another tak the roots of  
flower-de-luce: Bruised  
and Boiled in white wine:  
is excellent to provock urine



for to crack the Stone in the  
Bladder

take a kid of about a year and  
half old: and having fed him  
nine dayes without water  
then kill him and take his  
Blood: and when it is: and  
when it is cold pour the  
water from it: then dry the  
Blood till it be hard  
then a dram of this Blood  
and half a dram of iue berries  
taking in white wine every  
moring cracks the Stone

Another ther is an old cock  
you may find when you have  
opened his gizzard and look  
a white Stone sometimes more  
then one never fewer  
ther being born about one  
adds valour and makes one  
strong in the sports of venus  
and beloved of all

<sup>215</sup>  
this is the magical use of it  
I come now to the phisicall  
a very little of it being beaten  
in a iron mortar: for brass spoyle  
it and given in white wine  
Crackes the Stone  
and the Stone that is found  
in an old hen is for women  
13

for the Stone

take of the green weed of the  
Sea which usaly comes with  
oysters: and wash them and  
dry them to powder: then  
drink it with some mallmsey  
fasting and you will find  
inmadently eas

<sup>14</sup>  
to Crack the Stone in the  
Reins

take the body of a birch  
tree: cut cleave in the spring  
time: and lay it in the fire  
it will yeald great stores of  
water: which water being  
drunk is of a wonderfull force to  
Crack the Stone in the Reins

for to provock wring

Veronain boiled in water this  
doction will provock wring  
exidently.

to brack the Stone in the bladder  
or Reins

Take goats blood and into powder  
and the siad powder drunk in  
white wine

A to brack the Stone in the bladder  
the blood of a hare dried to  
powder and taken inwardly  
bracks the Stone in the bladder

for one that cannot hold is  
water

the claws of a goat burnt  
to powder: and a dram of  
it taking in the morning  
helps him

the juice of Sorrel mixed with  
the like quantity of milke is  
and excellent reamed being  
draine for pissing of blood.

Heat two or three bricks Red Hot  
then put them in a pan under a close  
Stool: and pour a little vinegar  
upon them: and let him that is  
troubled with hemorrhoids commale  
the piles: set over them and receive  
the Vapors 2

Another Brunt garlick being  
strayed one the afflicted place 3

Another: the powder of  
Annits seeds strayed upon  
the place 4 } Apply Quintmalda  
to the grived place.  
and it will cure it  
take a roasted onion strayed  
upon the grived place

Another take ote mill  
dramock and Apply it to  
the place 6

take few vitlral and spirits bet to  
gether to an ointment and anoint the  
grived part with it and after with  
Neet polita man: and keep the body  
loose with pills: and when going to  
bed take one mucker of of beer and  
hot and spirits and Brwn Sugar into  
and a little of ote mill

## Excellent medicines for the gout

A Sovereign medicine for the gout  
take Juice of Bram flowers  
(commonly called Solamons  
Sial: and Riny of each equal  
and boiled to the thicknes of  
Hunny and Anoint the grieved  
part with it 2

Another take the leaves of and  
Bark of a willow tree soden  
in wine then bath the grieved  
part with it 3

Another if the pain of the  
gout be very great and unbr-  
-bal: take a dram of opium  
two drams of Saffron mix them  
with four or five yolks of  
eggs: and make the plaster  
wise and. Apply it to the  
grieved part it will not  
only assuage the pain but also  
dissolve the Craption

Another take a quantity of henbane  
the seeds especially being wrapped  
up in the livers of the same heart  
and so rosted in the chambers will  
and then bruse and press them  
hard thro a cloath with any  
thing that will ease the oil to  
come out: this oil is a viaticous  
madice being anointed with it  
for the gout.

5

Another take a Cullocks gall  
and an ounce of pepper  
beaten very small and boiled  
to a sace: is an admirable  
madice for the gout.

6

For the gout or any weakness  
in the legs or arms  
wash your the part warm  
with salt and water  
pigeons dung boiled in wine  
till the wine be consumed  
and then Apply plaster wise to  
the gout takes it away.

Anoint often  
 for the gout } with the juice of  
 hamelock  
 take the roots of holly-  
 oaks: Stampet with hog  
 grease and applyed to the  
 gout helps it in three  
 days

19

Another bath open the  
 grived member with the  
 Doction of Buttry bark  
 for the Rematicke pains

Anoint with the **Dog** oil or  
 dog Chriss 2 with Deer Chriss  
 3 with horse Chriss 4 with  
 bone Chriss 5 with Neet feet  
 oil 6 with oil of mace 7  
 with the oil of camm oil 8  
 with the oil of mustard seed  
 9 with the oil of herbane 10  
 wash often with salt and  
 warm water 11 wash with  
 the Doction of Buttry bark 12  
 the Doction of herbane



Madices for women that  
are hard to be delivered 221

polipodium stamped and beaten  
upon the feet of a woman  
labouring with child will  
cause the birth of the child  
presently either alive or  
dead 2

for to deliver a woman that  
hath a dead child  
take a quantity of an  
Almond of a Pubs gull  
and mix it with two or  
three Spoonfulls of wine  
and let the woman drink  
that hath the dead child  
and she shall shortly be  
delivered of that child

3

Another take adram of mirrh  
given to drink in warm  
wine: brings forth the child  
alive or dead

222<sup>4</sup>  
to prevent the weed from women  
as shun as you find yourself  
infected with the weed

Boill one muchken of mill and  
water and when it is cooled as  
warm as you can drink for heat  
then take a draught of it going to  
bed and it will go No farther  
with you <sup>and take a dram of thure as it comes</sup>  
<sup>5</sup> upon you

To drink an Allum posset  
is a good remedy for overflowing  
of a womans Manstruis

For womens Apin in the sides  
bray ole mill and make  
All Barry and script it  
mug in to it and drink it

take garlick: <sup>7</sup>hanny mustard seed mix  
all thes together and give it in the morny  
when a man hath a snakes in his  
body: give him the powder of  
mirrhe with milk and let  
him fast here on and thy will  
come out of him  
or let him eat salt meat &!  
he be persued with drowth.

for great Swallings  
in liges or exms 223

take white wine vinegar  
and Gran: and boile them  
will together and Apply  
it to the Swallow part  
and it will shene dissolve  
it and take away the pain  
annoint with 2 part oil or  
camefrier bet with any oil  
an excellent oyntment of great  
Swallings.

take chicken weed: groundswall: and  
camemivil each halfpells  
and boile them will in white wine  
vinegar or <sup>old still. pice</sup> then strain them thro  
a thine cloth: then Boill the  
doction with a litle <sup>so</sup> butter  
till it be thury thicknes: this is  
an wonderfull oyntment of any  
Swalling 3

Another Reue Stamped with hony  
and salt helps Swalling in the  
knees 4

for any aching or Swallings in  
the knees: Bruise Reue: and  
loose age and boile them a litle  
in a litle hony and Apply it warm

to take away the pain in the feet or  
thighs or legs

the inner rinds of elder: or dwarf  
elder which is far better. Boil it  
in boresgriead and Anoint the place

6

an oyintment made with  
hogs grease and hog worts and  
a little venigar: this is an excellent  
oyintment for Swelled legs or  
feet

7

and an oyintment made with  
ivy leaves and hogs grease is an  
Excellent oyintment for a Swelled  
eye <sup>For great Swellings and inflammation</sup>  
<sup>take on pennyworth of the fumes of</sup>  
<sup>Lead in Spring water and make potlicea</sup>  
for an aching pain in legs or arms  
apricous madice it thus

take very stale All: and the  
gaul of an ox Boil them till  
they be as thick as fird lime  
and when it is cold then  
anoint the grieved member  
with it by the fire open

an. Excelent medicine for Sore  
swelling

Take Linseed: brook lime  
Chicken weed grand small  
and wheat Bran of each  
a handfull Boill them in  
a bottle of whit wine to a  
cataplasme then apply it

10

for womens sore breasts

if you will observe your breast beginn  
to grow sore: take a horn-combe almost  
New: and then strack it cross your  
breast and then the other way cross  
again and then down and up cross  
with the teeth Mixt your breast: and  
this will prevent it from swelling

for hasten swelling

take a little piece of a rough shagreen  
the rough side put to the swelled part  
Another: take mudoock's skulls and  
frye them well with butter

Another: take white bread and milk  
and shear an oinen small in it

226  
for great Stoppings: and  
shortness of breath  
~~take more mecitly and bring stronger~~  
~~beat together take~~ little of it <sup>morning and</sup> <sup>Night</sup>

blistering is excellent for the  
same <sup>take floric oil</sup>

2  
Another <sup>take few drops of the oil of An</sup>  
vonger made of Rue  
and a little of it taken at a time  
is an excellent medicine for  
shortness of breath or stoppings in  
the breast or lungs

3  
Another take the roots of  
Hollioke powdered and  
mixed with three ~~the~~  
times the night in honey is an  
excellent and admirable

Remedy for shortness of breath

4  
make a Syrin of gull <sup>or</sup>  
berries or the livers of the  
same ) or a Syrin of <sup>or</sup>  
flours ) and drink often All  
barry

Exceclent medicines for<sup>207</sup>  
deafness or Noise in the  
ears

the Juice of Bay leaves dropped in  
to the ears takes away both deafness  
and Noise in them

2

Ant. Eggs beaten and strained  
and a little of the Juice of knotgrass  
put to the Juice of them and a little  
of this dropped into the ears cures  
deafness tho it be of a long  
continuance

3

the drops of a mans own matter  
put into his ears every morning  
warm helps Noise therein

Another<sup>4</sup> a strong doction  
made with p. l. at one in  
white wine drunk doth the  
like

5

take an onion and having  
cut around hole in the  
middle of it then fill it  
with oil then roast it  
by a gentle fire



228

and having taken of the out  
ward pill stamp it together  
and apply it warm to the diffe  
ear it will restore his hearing  
or apply it to the eye it will  
make him see clearly

---

Excellent medicines for to take  
away warts for

---

pigeons dung mixed with  
vinegar is an excellent to  
answert warts with it if you  
would be rid of them

2

put the feet of a hen to the  
embers hot till the scalls  
come off: then rub your  
warts with the scalls

3

both Aggrimony: parslene  
and Gins lives rub the  
warts with the juice of  
any of them they are such  
an enemy to them that they  
all go away

Excellent medicines for the 229  
yeallow and black gandricks

stir chiken weed: and grinde  
small in y<sup>e</sup>ll and drink  
evening and morning of it  
2

stir barberry rinds in All  
and drink of it evening and  
morning 3

A doction of earthworms and  
sallendine and ioy barrys  
in white wine taking a quantity  
a each time is excellent for  
the gandricks 4

ty up a little Saffron in a rag  
and bind it to the Navil of  
one that hath the gandricks  
you will shew see the wonder  
full effect it will have

How to stop bleeding  
Clive a turkey-bine. or a pee  
and bind it to the currow  
it will amadilly stop. or take  
spiders web. or crapt chell  
how to make a wound  
Glide hold it in warm  
water

<sup>230</sup>  
choise medicines for

for a Red face

2. 3. 4.

Take muchken of Spring water  
and the oil of tartar: and the  
oil of better Almonds each  
a quarter of an ounce mix  
them and wash your face

2

tan in the face to take away  
tak the white of an egge beaten  
into Spring water: then put in  
to it 3 or 4 Spoonfull of brandy  
so wash your face with it

3

for the small pocks or scabs or  
burning A moist the place often  
with the oil of eggs

4

10. Sweeting Soare Beer

take 2 or 3 handfulls of Chalk  
and batte it and put it in the  
vassel or Row it a little  
and in 24 hours it will  
the order Sweetness again

for amons yeard that is Swalled  
 derolve Aloer in in wine and  
 wash it offen with the legur

for Redness in the eyes

take the white of an egge beat  
 in to a fine thinness with womens  
 milke: and drop it in the eye  
 by degrees the ~~drop~~ the close  
 and warre

Another take lent seed and  
 boile it in water an bath your  
 eyes with the doction: and dip  
 a rag in it and lay it to your  
 eyes all Night it will be  
 well

8

how to cut with out paine  
 sharp a knife or a stiffe cypon  
 a bod-stone: then you may  
 cut with paine

for the Nearer

Anoint with Nuttpeet oil  
 this oil makes the skine plump  
 and fit like

an excellent water for sore eyes  
 take rosemary: horehound and  
 fennel and Roast an egge  
 and take the yolk and the Herbs  
 and beat and squeeze them all  
 together and the juice of this  
 is an excellent medicine for  
 Eyes 11

for the Rickup  
 let one hold fast your shank  
 bones and you will be redde of it  
 Another: Surprise the person  
 with strange News

12  
 for the wile fire on the face  
 wash your face with white  
 wine vinegar and water in  
 Another: anoint your face with  
 cyprian ink once or twice

13  
 for to dry up ulcers or boils  
 or wounds  
 take burnt Hon and white  
 Sugar and apply it

an Excellent ointment to heall  
all manner of wounds

take the oil of terebenter and  
the yolks of Eggs Batt and  
Squise them well together then  
Apply it to any wound  
15

for the heart Burn

eat 2 white pies and chow them  
well and then let them over  
and hold in your breath as  
long as you can  
16

Another eat Brunt Chalk or  
take it in wine or Ale  
17

Another take red Coll: or  
Rousbeck: dry it powder it  
and take it in any liquer  
or take a vomiter  
18

an excellent ointment for Bruises  
or any aching paine any part of  
the Body

take a good quantity of black  
Snails alive and salt them well  
and hing up dyed in a cloth  
till the water drop out of them  
then prise out the water of them

Boil it and Scum it cline  
then Ad to it be wax and old  
tallow Is my Cutler is better for it  
then keep this oymntment for your use  
and Anoint any grived place with it  
19

anoyintment made with the livers of  
henbane and hogs greass it presently  
stancheth the blood: and takes away  
inflammation of any oand what I advise  
is be 3 or livers of 20 wood land

Vinegar made of Rue as you may  
make it of Roses is good for thatnes  
or Storing being taking inwardly  
21

a good remedy for a Tetler or  
Ring-worm  
take the powder of Brumstone and  
having mixed it with black Sox  
Aplyed to the Sox with lye it away  
22

bay livers is well known laid up  
among your cloaths will give  
a fragrant smell and keep  
them from moths or worms  
23

gouts Rues Aplyed to the eyes  
makes aman see very well  
in the Night time



Agremeny is a most wonderfull  
force to expell poyxon: and with  
success help the Cuts of verminous  
Beasts 25

For Stopping the bleeding Nose  
ty up as nides in almon rag  
and Bruise him a little and hold  
his Noe but not to touch the  
Nose: the Reason is this because  
a Snider is an extremely contrary  
to the blood of man: that the blood  
flys from its enemy.  
26

how to make the skin white  
take the Letharge of Silver  
Boiled in vinegar and the skin  
washed with it makes it exceeding  
white 27

how to take away spots or stins  
out of cloath

take water wherein lavender  
hath been Boiled in take away  
the spot and stains off of cloath  
this water being drunk is  
wonderfull for the palsey

236 28  
for a Sick person that cannot be kept  
in Heat

take a few Drops of florins oil  
in warm Ale Berry and this will  
ease Heat to be with in him  
and is also is good for him

29

for stinking breaths

take the Juice of Rue: and Black mints  
and Snuff it up your Nose

30

Another Cruse to handfulls of  
Chamomill Seed very well and boild  
it in a pottle of white wine to a  
quarter and drinke of it morning  
and evening

31

for clearing the vice

Take Centaury either the Juice or  
the powder of it it clears the vice  
and cleanseth the breast marvellously

32

an excellent Ectectry for Suten  
downcolds: or Consumptions or  
weakness or many other troubles  
take 4 pence of salmicity and  
half a gill of Rany and one  
penny worth Sweet oil the Sagen of  
Grunstone mixed in to a Roast

for the cholick pins  
~~for the windy cholick take~~ same few  
 drop of ludum <sup>is drop</sup>

for the windy cholick  
 take Bar Seeds bruised in All  
 take Cammen: and caraway Seeds  
 and having brased them well: Boil  
 them in All till it be thick  
 this eaten with a spoon is excellent for  
 the cholick 2

Another Boil Spice in Sweet milk  
 taken warm is also good for the same  
 3

for the wormy cholick

Boil Rue: wormwood Barsfoot  
 to a scrup or gronder of the

same is excellent for the worm  
 4

Another Rue infused in sack  
 all night and drunk next  
 morning is excellent for to kill  
 worms and for a gruning in  
 the guts 5

Another tow lethers of garlick  
 bruised in on glass of spirit  
 is good for the same

ink low size brown full of veins to kill  
for the historick cholick 258

take 21 drops of the oil of  
tarpentat in on muchken &  
warm Ale take an opiom  
pill

for the heart cholick  
take the crum of tartar as much as  
take 3 or 4 grains of mace in <sup>say one or shillings</sup> in  
warm Broath and go to bed and  
you will be well in a little time

for the Lose of the power of legs or arms  
or sides

go to the sea and bath 2 times  
a day with the salt water  
and in madently get a warm bed  
one hour or two for a fortnight  
time

for weakness in legs or arms  
bath often with salt and  
water warm every and  
morning

excellent remedies for the  
bloody flux

239

take one handfull of Carbery  
rinds: or tormentill or the  
Arch-Angle commonly called  
darkettle the red sort for the  
men: and the white for the  
women Boil any of these in  
one chajen of water till it  
be consumed in half a muckken  
then strain out the Rarb and  
put on the doction with  
half a muckken of clarit  
wine tow once of white  
sugar boil in to a sirup  
and take one or two Spoonfull  
at a time this is excellent  
water and vinegar mixed is of a most  
excellent steamedy  
take one or two dose of the  
powder of rubarb or the  
powder of gulon to carry  
it off: and drink clarit  
wine het with white  
shonger in it or milk acow  
nupon white loaf shonger

Burn Spirits which shouger together and still  
the best Remedy is take

240  
one quarter of a pound of  
Salt Peter rined and taken  
at wance in one muckken of  
Sweet milk take it in the  
moring and at Night  
and if this will not do one day  
take it tow days and it do  
No good in tow days time  
you may lost all hope of  
his Recovery again  
or fresh Butter will do the same

take Brant Brand and white  
shouger Brant with it  
take this often is also good  
take milk Spirid and white leaf shouger

Another take the marow Bone  
of a dead man or woman  
or for want of this take the  
marow Bone of Cow toste  
at the fire grinded to powder

taken all of this in white  
shouger at ~~time~~ is also good

Another take pills that never us get more  
our off and grind them down to powder  
and taking a little of this powder at a time  
in white shouger is excellent for the  
same

7 } Boil flour, sweet milk  
and white shouger and  
then put orings-ginn  
in water with white shouger  
boil thick in milk and drink it often  
thicker than milk and drink it often  
it is good to eat away the humors  
or grinders: or proving that this  
trouble is subject to and also it binds

8  
eat often Ripe boiled in sweet milk  
and white shouger } take on the hands  
of crabs eyes in  
9 } raw milk for  
children  
Boil eggs flour and sweet milk  
and take a little of it at a time

10  
take often knout feet and fill them  
and eat them

11  
take 7 Almonds: Nutmeg yolk of eggs  
and butter take this morning and evening  
take tormantill roots take live boil  
them in Red wine and drink

13  
take the white of an egg and vinegar  
boiled together in

take a Nutmeg plant in seed vinegar  
and white shouger



[- Excellent medicines for a consumption  
or decays or any weakness  
for coaton

that is chiefly three sorts of decays  
which riseth of different grounds  
(A) of a down sitting cold (B) of  
great oppression (C) of deep thoughts  
and melancholy naps.

take one ounce of palmicity and two ounces  
of barley. Munge these with honey in  
an electry: take it morning and evening.  
(A) take a quantity of turneps and make  
a Syrup of the Juice of them with  
honey 3

(B) take blow currons: Stone risons of the  
sun: figs: Cloves of mace: sliced  
leguress: and make them in an  
electry in a bisk and take one Tie  
Spoonfull at a time

(A) take 4 pence of palmicity two  
pence worth black Souger or brown  
one pence worth of the flour of  
brunn stone mixed in honey in an  
electry taking one Tie Spoonfull at  
a time 5

Let the person go round about  
after a plow for the smell of  
the ground is excellent to a

or let the person delve <sup>243</sup> in the ground  
let the person make a sirup of  
dicklagow flowers: and one hand  
full of corvins: and a little of  
algonine - - - - -

7  
another make a sirup of fox-treefe  
8  
another make a sirup of meadow  
another make a sirup of spearmint and  
hyssop and Cinnamon - - - - -  
this must be sweetened with hunning or  
Els brun shuger candy

9  
Drink gar water: and lint seed tie  
10  
Drink of limston water: and leacock lint  
tie  
11  
Drink Cues milk that grows in woods or  
brees .. 12  
Drink gotes milk: mires milk or  
Aber milk: or cue tie  
13  
drink New milket milke off sheeps  
pirls: 14

Let the person lay often his Nose  
in the earth and his back to the  
beames of the sun  
make a sirup <sup>15</sup> of grandaivy: plant  
ing life and black shugger

most excellent rem<sup>edy</sup> of a decay is  
in which bread and Sweet butter and Parsley  
in the morning  
an excellent medicine for those that are  
decayed to bring them to strength again  
this take Small caps that white snail  
is in and chop of their heads and then  
boill them well with vn saith Sweet  
milk Drinke morning and evening  
of it and you will shun be restored  
to health and strength again  
if there be any Remedy for you in  
this world: this is a good medicine for  
the young or old

### The vertue of grundauey

it is most excellent good for fevers  
decays: gravels pins: colicak pins  
stuckens: gut: coolds: Shortness of  
breath it comforts the heart and  
stomack: it clengs the blood: it  
gives a good spirity it makes  
Sweet breath it is for senting  
fits bloody fluxes it gives a  
present Eaze to a pin of the  
Head it clears the Sight  
it is good for the gandy  
it is good for all womens  
deafes

the fourth Clasp is to make <sup>245</sup>  
known the vertow of many  
things which is most usefull

---

The vertow vomating

~~Scrubs for children: white Lilly root~~  
there is different Sorts of vomaters  
the white powder vomater 2 pence  
worth of it hyppocundy 4 pence  
wind vomater 6 pence

the 2 worthe caseth to be sick and  
is ill to take: the 4 or 6 penny  
worth is eassey to take and  
does not caseth you to be sick  
the vertow of them

it is good for cleargeth the stomack  
from Gros hummers or any thing  
that oppres the Stomack: and causeth  
good disgisting for it gives agood  
apity good for the heart Borne in  
the water crash: it is for gros indings  
rareth defluctions: it & caseth up  
Jullen down colds and coughs  
or stoping or shortness of breath  
it easeth pines in the Brēst  
or Stomack: grups or stuck  
Buffs

it is good for clearing the sight and  
 taking dunnets of the eyes: it is good  
 for those that are troubled with the  
 heart cholack or windy cholick  
 for it dissipates winds and eases the heart  
 it is also good for to give to those  
 that are in fevers it prevents from  
 stopings and defluations: and causeth  
 their trouble to be in moderation  
 it is good for the bloody flux

### the vertow of Clusering

it is good for high or rigors  
 fevers it keeps them come under  
 it: and the vapours from the Brin  
 it is good for stopings or shortness  
 of breath: it is good for a continual  
 pain in the head or dizziness there  
 it is also good for sore eyes  
 it is good for the teethe ake  
 it draws humors from the Brin  
 and the heart or any party  
 of the body it is the last and  
 greatest Remedy for many  
 troubles which will be told  
 to morrow to morrow

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The vertow of Sweeting  
ther is two sorts of Sweeting  
1 Natural & Artificiall  
and so they are used for tow ends  
and properties

the first is good. the Natural  
Sweet is good for opening the  
pores of the body and ther  
dissolves ill and thick humors  
it lengthen the Blood: and comfort  
the spirits: and put away cold  
and consumes raw humors  
it qualifie Raging fevers  
and help Numbnes: and the  
dropice

2 the Artificiall Sweeting  
is good for clearing scabs  
and does away thick  
it amends dulnets in the  
Hearing: easeth the Stone  
and dissolves congeeled  
for cold humors and  
melancholy Blood

## how to Sweet

take brook lime and Stamp it  
and having aded a little vinegar to it  
then Apply it to the Soles of the feet  
and it will quickly rowt the  
paver and with all provoke sweed.

## 4 Another

take tow brick stons and heat them well  
at the fire and row them in a wol cloth  
and put the to the Soles of the feet

5 Another take some few drops  
of florins oil in Ale Barry

2

for one that Sweete too much  
bruse lettuce: and lintseed to  
gether and Apply it to the Stomacke

The vertow of old Carmis

this old carmis when one piny work  
of it put in to one half a gill of  
wine or Rum and Sweeting it with  
Sugar and giving a little of it in  
the morning and evening  
it is excellent good for children  
that is pocked with livers  
fantings or weaknes or any  
other inward trouble



the vertow of Brumstone 249

Brumstone is not only good for  
the ich aplyng it wondrously  
But being mixed with Brun  
shugar and a little of it taking in  
the morning and evening  
is good for killg worms: kidneys

Sturys: Scrubbes: full blood  
sending groos hummers from  
the heart and stomack  
a little of it may be taking in  
any trouble: it is good for haives  
and the gravil pines

the vertow of brant Brandy  
and white Shauger

this is good for all decreas in wardly  
it comforts: and greatly supports  
thos that ar in faves: and decays

it is good for the bloody floss  
or any lowness in the belly

it is good for serr breasts: or

Suten down coolds or (Salick  
pines: it is good for Orates

weakness: bloodness faintings or  
any other inward trouble

Clarit wine and white Shauger  
hath the same vertows

the vertow of white wine vinegar  
it is good for to bath all Swallings  
in eyes: eyes: throats: tooth akes  
or pins in the breasts backs or sides  
or any pain outwardly

2 Boil Shougar in white wine  
vinegar it is good for all pains  
inwardly. but be wary of taking too much of it  
~~and too often for it wad wast them away~~  
the vertow of frakincense

take the whites of frankincense  
and bett in smal into powder  
and drink it in white wine  
it wonderfull increaseth the  
memory: and is profitable for  
the Brane: and Stomack

the vertow of Chalk

it is good for all pains in the Breast  
or Stomack it eateth away the  
hamers: it is good for the heart  
burn: it is good for all pains inwardly  
it is good for the blood y floore  
when Boiled in water and white  
Shougar: it taketh away the gronidin  
pains and gripers of the guts  
and soor pricking that they Run  
in that trouble: it is good for  
a Sourness in the Stomack

the vertow of Burr seed 251

it is good for all rinds inwardly  
and the hystarick rinds: and the  
gravil rinds: and it cabeth you  
to make your water

the v vertow of the oil of Mace.

take 3 or 4 grains of it fasting in  
breath eases the pains of the cholicke  
it is good for comforte the heart: and  
stomack and helps cold Decays of various  
kinds: and by anointing upon the  
pit of the stomack: it strenghtens it  
and comforte it and warms it  
it is good also against vomiting  
and rinds of that part: it is good  
against the cholicke: and all  
graping of the guts

Anoint the hand and temples it  
will ease all rinds ther: and the  
gout or any other rinds that come  
of cold causes

the vertow of the oil of Lizards

it is commended for making the  
hair grow on balds heads  
it is also good for brustures  
the soles first put up: and then  
anoint with this oil of lizards

the vertow of Neet feet will  
it is chiefly for the Nerves being  
Anointed with it it is also good for  
weak or decayed Arms or legs or  
any other part of the body being  
Anointed with it it makes them plump  
and fat. By eating of Neet feet  
it good for decaye or any weakness  
within: wil head an feet being  
boiled and Stewed is good for the  
bloody fluxe by et the feet and  
head and drinking the brue but  
it it should bind over first give  
them a cluster of the same Crowe

#### the vertow of brunt Butter

it is not only good for all cures  
out wardly to heale them  
but also by taking it inwardly  
in sweet milk it softens and heale  
in wardly &c

#### the vertow of tile

its vertowes are not a few it was once  
one of the chiefe medicines and almost  
used for every trouble and it was so  
much thought of in foran cuntaries  
that they used it to ever daye  
it is excellent good when it is taken as  
a cordal it is good for a pain in the head  
or when a person is gotten drowne to  
settle him againe to keep from being  
drowne

it is good to provint drouziness  
it quickens the spirits

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it is good for malicholyness or a  
sinking of the spirits: it hath been  
of great use to thos that had fowens  
and flocks: or colicake pines  
in short it is a good and safe  
cordial for parson that is in any  
trouble but thos that makes  
dally oup of it its vertous will  
prove little or No effect to  
them: and it is most excellent for  
deaseth and anin in the face back or

brist

for greet hives or small  
haves tak on scrupul  
of the flour of brumston  
and on muchken of milk  
and on muchken of Ale  
and make a posset of them  
and rub the haive with  
the head of the posset  
and drink the rest  
and doing this for three  
times you will be quite  
of them

## Directions for fisick

2 pence worth of the powder  
of Julup or 2 worth of the  
Rut of inding Rowburle  
or three haryns worth of  
Salts or any other fisick  
which is unisurable for your  
condition: and when you take it  
be war of decanting it again  
and as shun as you take it  
bange a warm clouth to your  
throt and this will prevent it  
from coming up: and drinke  
strongly at Orly browe.  
and fraish beef in it or any  
other fresh fowl or eggs hot  
All

The vertow of Jaffrion  
its properties is extraordinar good  
for a <sup>telling the</sup> weaknes of the <sup>small</sup> Stomack and  
fantings of the hart a little quantite  
put upon Colled Cundr and Sweet  
milk is good to hasten Coils and  
Swallings being taken in wine  
preveres dronkeardness and bates  
of sarreness and many of other

the vertow of garlick

its vertows ar not a few  
it is exelent good for all  
colick pins being taking in  
to spirits: and it is good for  
the gravel: and it kills  
worms in any part of the  
body in men women or  
children: it cures the bitts of  
mad dogs - - - - -

the vertow of tobacow

to blow it it is good a pin in  
the stomock: and it is good for  
thos that ar oppressed with gross  
hummers: it brings hummers  
from the head and water from  
the stomock: it deverts thos that  
ar in clining to sleep it is good  
for the windy gravel or colick  
pains: a pip of it morning and  
Night is good to preserve you  
from the plaige or fould Aire  
the green life of it will heall all  
manner of green cures



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it is good for those that are oppressed  
with the tooth-ack or a pin in  
the head: the Snuff of it is good  
for those that hath sore eyes  
but let it be taken moderately  
for it hath not its vertuous without  
its vices: over much of it sickens  
the heart and confuses the brain  
the vertow of the pie tree

its vertuous is strange and  
wunderfull the bark of it  
Especially: if you pill the bark  
upward it vomits you if you  
eat it and if you pill it  
downward it purges: and if  
you pill it cross the tree  
if you eat it it will rent  
you thro the broad side in  
the varrow of Salt

he that knows the varrow of salt  
will not need the Advice of a physician  
it is not only good for Sasion <sup>meas</sup>  
but also good for to ball counds of every  
kind: and any part where there is pain  
Stiches: weelkings or swellings  
if cut it in a little time it is good for the  
rock: Scurvy: haives: and taken inwardly  
is good for vomits: it is good to give beasts  
when they get the scurvy it kills all vermin  
beasts in every kind

The vertow of the chif  
universal Saa

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take on handfull of Sooder-  
-wood on handfull of bramel  
Berrik lives: and on handfull  
of white gouns roots: and  
Boil them altogether with  
may butter on a fire  
and when they ar well Boiled  
take out the herbs and then  
Boil the doction again with  
an peny worth of un wrought  
rozed and tow pence worth  
of bee wax: and when they  
ar well Boiled then Strain out  
the doction thro a thin Cloath  
into a pound

this Saa is wonderfull in its vertows  
and oppriations it is good for all gross  
humours or long sinnes it cures  
all manner of counds or ulcers  
it cures the crouls and universal  
Scrubs it cures Seadings or  
burnings and all manner of  
green counds and the white Scra

it is Excellent for the Scoury  
and the ich: or Stringes and  
brocken bones &c

this may be well called the  
chief univarsel Saa: for why:  
because it never miscarries  
when it is Rightly Applied to  
any wound. this is beyond the Art  
of all Saas or ointments or  
the Skill of any phyision they  
may will make up the same  
or things of a costly Nature  
but not so much for vertow  
as this is

this was the box of bolsonns  
that proved to the great effects  
that I despyced when I was  
in the despenary office  
it hath been well aproven off for  
to make strngthen pilasters  
and it is good for to rub thro  
that hath been blasted or  
gon Back children  
and if any member of the  
body be weak anoint with  
it

ther was another box of bolsom  
which I despened out of the  
same office which did cur all  
manner of ounds admirable

---

and that was this the figger  
of mar comenly caled the  
gurner's garten: carnfry  
planton life: boiled with  
old sheen talow: bee wasc  
ron wrought roved ---

---

the vertow of that Salve  
calid Deeklam

---

it is good for healling all  
manner of green ounds  
and Absters: it is good for  
harnen sorr boils and cherge  
them: it is also good for sorr  
burnens

---

**The vertow of Salt**  
it is not only good for sasion, meate  
but also good for severat troubles  
salt and water is good for kiling  
worms in childring Rub the temples  
of the head bet of foot and hands  
with salt and water and take three  
monthfull it is good for children  
that is bespoken wash your face  
and foot is good for the gout  
and strengthing weak limbs or

the vertow of eggs ---

its vertow is strange and  
admirable: a sac of it  
may be made up of any  
ound. what ever it may be  
it is good for all manner of  
for rinnings or the crouls  
and unvarsal scruby  
it is exelent for all manner  
of green ounds. it is good for  
stranthing plasers or to knit  
broke bones or Raket sinnes  
and strines  
and the oil of eggs exelent  
for sox eyes

the vertow of maderheire

it is good for to make hair  
grow on thos that ar bald head  
it is good for to make the  
hair fair and will colred  
and it clenges the head from  
skells: it is exelent for sox  
brests and liver, and  
coughs and shortnes

of breath: the yeadro sandoy  
is good for the gravel and brake  
the stone in the bladder  
It says the flux and blidens  
within it provokes mens  
courses: it is good for the  
stomack is good for rickets in  
children

---

### the varlow of the red rose

the doction of red rose made  
with wine and water is very  
good for the head ache and  
in the eyes ears throats and  
gums its good for staying  
womens courses  
if you wash your face with  
the juice of red rose it will  
keep them from eruption  
and fasten them that are  
loose and makes them white  
and cline

---

### the varlow rice

it is not only good for to make  
up a dish for food with milk  
and shogger and cinnamon  
but it excellent for the bloody  
flux when boiled with milk  
flour: eggs it is good for to  
applay plasters ways to any.

inflammations of womens breasts  
to stay inflammations; and being  
boiled in running water and the  
face washed with it takes away  
spots and pimples; and whatever  
deforms the face it is also good  
And holsum food ~ ~ ~

the vertow of mugwort  
is beyond the vertow of all  
other herbs for curing of womens  
diseases wher it is inwardly  
or outwardly applyed  
a doction of the leaves being  
made with wine or water and  
drank procrocketh the courses  
bring away the birth and  
after berth and helps the  
inflammation and strings of the  
mother it is very vantagus  
for decay and consumptions

the vertow of time

it is not only good for to  
saison meats with to warm  
and comfort the stomach  
despes wind and good for  
the graval and bracks  
the stone in the bladder



but it is also good for all women  
diseases being boiled in water  
and honny drunk not only  
for to bring down womens  
monthly purgations but also  
effectually to cause thos that  
ar with child and in hard  
labour to be delivered and bring  
for the child alive or dead

---

The vertow of vervain  
its vertow is strange and  
admirable is sometimes  
called an enchanted herb  
because wiches and wizers  
and oller finicaler spirits  
wreth this herb in drink and  
give it to thos whom the inchates  
so this herb is especially good  
for to help thos that hath got  
skeeth this way  
it is good for sore eyes or any  
ound within or without  
it is good for the gravel it takes  
away sand and expels the stone  
• it kills all worms in the  
bally and it hath brought  
away worms a foot long

harry<sup>200</sup> and double forked tail  
it good for bitts of serpents mad dogs  
or any other venomous creature

the varlow of Row or the herb of  
grace

this herb is called the herb of grace  
because of its operation

it is good for eyes it repairs the sight  
that are blind and sharpest it  
evidently the second property  
of this herb it makes a man  
quick and active full of arts  
and inventions subtle and  
cunning the 3 property  
of it: the very smell of keeps  
a man from infection or plagues  
or pestilences deasies

4 it expels poison & provokes  
urine and womens courtesie  
it easeth all pines within  
and the windy collicke

it kills worms in any part of the body  
it easeth pines in the sides  
or fints and it takes away  
vermin the varlow of horse radish  
being sliced and boiled in sweet  
milk

the varlow of parstene

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it is good for the sight  
and it gives a good Sympite  
it cools the Stomack and the  
mouth it good for the teeth  
and gums it clingess and  
fastens them: it is for thos  
teeth that ar set on edge  
with sour things it stay the  
flox and womens courpes  
it bring humers from the head  
and destell water of the  
Stomack it kills and destor  
worms in the Baly  
it is good for the coughs and  
shortness of breath  
and being mixed the joice  
of it in the oil or roses  
it is good for Cfastings  
tighenns or Cvent with  
gun powder it is good for  
thos that makes blood  
rotte: it most excellent for  
stays being taken in the mornig  
with white bread and butter.  
the doction Boiled with Springe  
wall water put on the fire agen  
with florin oil and Cbragouge

the varnaw crepes

it is not only good for Salts  
but also for many diseases  
it cuts away gross fluxum  
and humors from the Stomack  
and provokes urine clings to  
the Reins and bladder  
procures womens curpes  
it purges the Bally and  
takes away all gross humors  
it is bonifical for the cough  
and cold and horkness of  
brath: being choised in the  
mouth it is good the teeth ache  
it is good for a sore breast  
it takes away all spots of  
the skin: it will draw  
forth thorns: bones glass  
thrissles or any other thing  
intered in to the flesh  
it quickens the blood and  
spirits when on is drawn  
it pulls all sores and blins  
in the head and knots and  
kinnals in the Neck  
and the king-ival

the varietie of wood Burn  
or Runy Suckle

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it is good for the decays of  
the lungs: Splain that is Spore  
it is good for cramps & convulsions  
and brings a speedy deliverie  
to women that are travellin  
it is good for Chingen the  
face or skin: Sun burning  
freckles spots or blannish  
upon the face it takes away  
canker or Sore mouths  
pill pody on the ock

it is good for the cough  
cold shortness of breath  
Consumptions and dicays  
Sticks: Collicks pins  
it is good for the eyes  
in their sleep and posset  
with fearfull dreams

the vertow of the Guliver tree  
when it is planted it drives away  
Serpents of venomes creatures  
from the place: the berries and  
crane of the bush will be good  
deesse bath with in and with

the varrow of Camomile  
A doction of this herb is good for  
all manner of pines within  
stiches: colick: gravels & expels  
wind and the Stone or the  
inflammation of the bowels  
it is good to a swage all swelling  
~~all of the strange doction will vomite~~  
the varrow of lent seed

its good for all manner of pines  
within or colick pines  
its good for consumptions  
and decays scaldings or  
burnes: or any cands  
in short it may be aplayed to  
any trouble or disease inwardly  
or outwardly <sup>it hastens boils to</sup> break

the varrow of ground Swallow  
it is chiefly good for to lay  
all swellings in any part  
of the body: draw up joints  
or sinings: gaudice & expel  
wind: easeth colacks pines:  
gravels pines: it stops with  
in women it is good for  
sturbed milk: it expels  
knots and pignols in any  
part of the body

and <sup>it</sup> <sup>new</sup> <sup>body</sup> <sup>health</sup> <sup>and</sup> <sup>strong</sup>

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The varlow of the chicken wa

it is good for all kinds of  
Swallings drain up joints or  
sinners it is good for healing  
ounds: it cures the sandy  
it is good for cooling the heart  
Stomack: and Blood it cures  
a Red face Spot wrinkles  
pimples: wild fire or any  
other thing on the face

the varlow of oinons

an oinon Roasted in the  
Ambur is good for the cold  
and shortness of breath  
it gives a good Aptise  
it good for the Stone and gravel  
it provokes urine and  
womens courses the Juice  
dropped in the ears cures the  
Noice and pain ther  
the Skin washe with it take  
away all blets and  
Blamish of skin



It hastens all ~~small~~  
 Swallings: any cars all  
 burnings scaddings with  
 water: fire: brumston wildfir  
 gun powder and the like

the varlow of the bramil barres  
 the bush and lives and barres  
 all of a binding quality and  
 so is good for the bloody floox  
 it is good for sorr mouths  
 and throats the pils and  
 imroads or sorr the prives  
 parts of men or women  
 it will make good salve  
 for to hall all manner of  
 ounds or ulsters be they  
 never so bad  
 it is good for swaled gums  
 or mouths: it is good for to  
 bring away graval and brack  
 the stone in the bladder or  
 kidney

the vartow of Mustard

it is good for purging the head  
and eyes from all gross humors  
it provokes lust and gives a good  
appetite: it clings the stomach  
and belly it comforts the  
spirits of men or women  
and makes them to look younger  
then they are it easeth all pains  
of the side back or belly  
it takes away all spots blemishes  
rough places of the skin  
and the lynces: scabs: icks  
lumps: and warts: of the skin  
in short it is good for every person  
make use of it for their health

the vartow tutson

this herb is some times called  
an enchanted herb because it  
is too much use by young  
women to make them barren  
and unfruitfull it constrains the  
lust and spirit of men and  
women from one another: and  
it makes a man unfruitfull for it  
drys up the musters and seed

yet nevertheless it is  
good for severall troubles such as  
fallen sickness convulsion Cramps  
at hall's all manner of sores  
in ward or out ward  
it is a soringe medicine for all  
ound runnes ulsters what  
every kind thyax

The uertue of the pavin tree

Swine will have this tree  
an enchanted tree but I have  
no reason for it but only this  
harlots makes use of it to  
durst the child before it  
comes to the full time  
but how ever it is good for  
women's deapiss it cures  
the kings-evil old ulsters  
scabs lumps spots of the skin  
it cures tarters and ring-worms  
worms: and bluster upon the  
yeard gotten by unclean  
women

the varriety of maringold  
the flowers is good for strength<sup>273</sup>  
and comforts the stomach or  
weakness within it strengthen  
the heart excellently it provokes  
sweet and women's courses  
and expels after birth: it with  
stands all poisons it good for  
pestilens fevers and the Scurvy  
it is good for the small pox.  
been taken morning and even is  
good for the crumble of the heart  
the juice robed upon the teeth  
or gums clings them and  
kills the tooth ake and takes  
away warts: the juice dropt  
into the ears kills worms the  
destilled water of this herb cures  
the eyes

the varriety of garlick  
it opens obstructions and  
stopings and carryes away  
all gross humors for the  
stomach: it kills worms in  
any part of the body: it expels  
wind cures the gravel  
colicks pins easeth pins  
inward by it persists poison

and the bite of maled dogs 274  
it is good old coughs: cold  
and shortness of breath it takes  
away harshness from the throat  
and makes a clear voice  
the smell of garlick drives away  
all vammions Beasts: it is good  
for pastlicke Deases: it kill  
Cogs: flees: lice: crabs: nits and  
the like it is good for consumption  
and dicays and weakness, with in  
it is good for those that rich blood  
but it hath not its vertues with  
out its vices much of it is  
rank pouyson: and it must not  
be given to women that are with  
child or els it will make the  
free of it shoun: and young  
men and women should take  
it very moderately because it takes  
away the seed and makes the  
lose the generation yet it  
provokes Lust and makes  
delite in the sport of vaine  
garlick in spirits is good to  
amint the back and fill the  
weak children: ~~it is~~  
strong of any Beasts

the vertow of towbacco 275

its vertows ar not a few it taketh  
humers from the head and eyes  
and water from the stomack  
it easeth all pines inwardly  
colick: gravel expels wind  
sand: gravel: stone and the lick  
it is good for consumptions and  
weakness of the lungs the snuff of  
it is good for the eyes it is very  
deverter for thos that dulle  
it is good to be used in the time  
of the plauge or crupted Ares  
or pestelen diseases  
it kills all kind of vermin  
beasts the poise of it it kills all  
bugs: lice: flees: crabs &c the green  
life cur all green ounds  
it kills worms in the belly  
it cures the cramps: guts: Aches  
ick scabs in the head and the  
teeth ack: and thos that hath  
god cankers and foul sores  
The vertow of Aliop-pia  
it is good for whistling and short  
of breath and colds and in  
ward pines and to make sae  
for the scurvy and the ick

276  
the vertow of Nut-mug.

it is good for comforting the  
heart and Stomack or the  
trumbling of the heart: it is also  
good for husbands that hath little  
or no diser to ther wifes it  
easeth pines within: it is good  
for thos that troubled vomiting or  
spitting of blood it helps thos  
that troubled with sickness  
it is most Excellent to make a  
Sweet breath it easeth pines in  
the heart or Stomack or Swallowings  
within it is good for the gravel  
and that pines by drops: it clinges  
the bladder and kidneys  
and is good to comforts all thos ar  
in trouble - - - - -

the vertow of broom

the doction of the seed with shoups  
parges both upward and down  
ward it draves all watery  
humors downward it is good  
for the green sickness  
a bath of the rays of the broom  
is excellent for the gute and  
pines in the legs or joints  
it cures the king's evil or



any hard Swellings in the 2<sup>nd</sup>  
Throat: the seed or flour being taken  
in wine cures the black jaundies  
it cures the reins: kidneys and:  
Bladder from gravel it heals the  
bites of Serpents or other venomous  
Creatures

### the vertow of bramel Brier

The leaves of the bush is excellent  
to make healing Soas take tow  
ounce of ~~terpenter~~: wax: Rosen  
and Sheep tallow: and this Salve  
will all maner of sores and  
ounds ulcers what ever kind they  
ar or be thy never so bad  
it heles all for mouths: teeth  
gums: the ich: scabs: Swellings  
in iver part the Berys or  
good for the blood flux or the  
flux in the Belly  
the Berys being squised and  
wine made of them is good  
for the for said troubles and many  
others

the varlow of polatory  
it is an enchanted herb so  
the Syrup of it with Shuger  
candy it good for Coughs that is  
got scath

the vertow of faderfew 278

it is good for all womens deapes  
and pins and stucks in the  
side or wombe it expells wind  
and helts the cholick it is good  
for the dropice: if the brused herb  
be applyed to the head it cures  
all pins and hummings ther  
or to stuckes or any pine  
els wher it is good to take away  
all spots and mark of the skin  
it expells the stone and sends it away  
like gravel

the vertow of Agrimony

it is a common proverbe that  
on handfull of Agrimony is  
with on handfull of money  
the docton of it helts both the  
black and yeallow jaundice  
and the green sickness: and  
the palise and tipirce: and  
the bloody flooke collick and  
gravil: it is good for to heell  
and maner of ounds and ulcers  
it draws out Evils thorns  
or splits of wood out of the  
flesh and helts it and draws  
out chancker and helts bits of

mad ays it first draws out the  
hammer and then hells it a madintly  
it is good to make a mil grow on  
that is come of by chep or thorn 279  
the vertow of Baulm

it is most wonderfull good for strong  
then the heart and stomack and  
weekness within it revives and  
comforts the body and the mind  
and spirit and especially such as  
ar farht with micholy thoughts  
and fright full drimes it is  
good for to heill all cunds and  
sorr: and thos that hath a stinke  
ing breath it is good for to.

Expell variacion and pouison  
and swelling and pens in the  
belly: it is good hard swelling  
in the throth it takes away lumps  
Airmals that ar ther: it cures  
dumms in the eyes and easeth  
the pin of the gute —

the vertow of Hyson

the face being washed with  
the daction or destell'd water  
of this herb makes the face  
very fare and beaufull and  
ther David hath this alusion  
in his prayer to god purge  
me hyson

the docton of it made up with  
Rue and honny being drunk  
both cure thos that hath coughs  
colds Shortness of Breath and  
whoesings: it kills worms in  
the belly it helps the droopice and  
the Spleen. it is good for the fallen  
Sicknes: provokes urine expels  
wind: and bring down womens  
courses and easeth Hampestite  
of Agues. it is good for to cling  
the throt. it is good for weelings  
with in: it take away black  
or blow spots gotten by falls  
or strokes it will quickly  
heall green ounds or  
deere cuts: it oil of it  
kills lice and takes away  
the itch from the head

the vertow of fox glove

it is admirable good for saays  
and consumptions: it cures all  
manner of ounds in a very  
short time: and the Kings evil  
and itch: and Blasting or  
lighens: the fallen Sicknes

the uarrow of ots -

281

ots Boiled in milk and water  
is good to bath swelled feet: legs  
Arms or any other part that is  
swelled or if they be troubled with  
chaps: Chinks or ritts

ot mill is not only good for food  
but also for many medicines

ot mill wrought in butter is good  
to hasten billings and hallounds  
a pultis made with ot mill and  
sun oil of Bayes put thereto  
helpeth the ich and leprosie

otes boled in viniger and applyed  
take away freckles and spots in  
the face or any other part of the  
body: ot mill tosted and

Boiled in broth with white  
shuger helles the bloody  
floods

drainock of tosted ot mill  
in All or Sour milk

is good for the cough and  
cold and shortness of Breath  
and cleers the vice

a little ote mill boled in far water  
is good for thos women that the  
need ot mill Boiled in water  
with shuger in it is good for

272

thos that ar in fevers or any  
sicknes ote mill caddell is  
Exceellent food for thos that ar  
in child-bed  
an old poke wher ote mill usly  
in is good to put to thos that ar  
truble with Sticks or Colick  
pins or ~~reamens~~ <sup>reamens</sup> sides or great vomiting  
<sup>being made with ale and Trutgrug</sup>  
the varrow of hamlock

it is Exceellent good for to lay  
to all manner of Swellings in  
any part of the body it winder  
full easeth the pins of the gout  
if this herb be applyed to the  
privet parts it will restrin  
lust and make thos members  
to pine away  
it is a most wondrous full  
madice for to asuage all  
Extrordanry pins  
But be war of taking it  
in wardly for it is rank  
POISON

the vertue of worm wood  
 wormwood take in powder or  
 doction or the joice of it or in  
 fused in wine is good for to  
 strength the stomack like Aloes  
 it purgeth choler like wale from  
 Rener and liver and that by  
 urine: it preveles very much in  
 the green Sickenes jaundice and  
 dropice it greatly helps them  
 that have obstructed stomacks  
 and livers: the cholick and  
 graps of the Bally it clings  
 the womb and daws away  
 hiccup and stays vomiting  
 and gives a good Appetite  
 it expells wind and kills  
 worms in the Bally or Stomack  
 it preserves the blood from  
 putrifying: and helps a shinking  
 Breath: it kill all moths worms  
 that is amongst your cloaths  
 it is said of the child that is  
 about 3 monthes old be  
 bathed with doction of it  
 temples hands be anointed with  
 the joice also and will cure



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on: that thy shall not be troubled  
nor molested with heat nor cold  
all ther life time Nor shall thy  
ther skin be troubled with nor  
infected with Scabs: Lintice  
French dyes: nor lice flees  
bores and the like  
the varlow of the elder tree

ther is hardly a disease from  
the sole of the foot but this may  
be Applayed to it and also a  
Cure to it: the head ack: jaundice  
salon sickness: Apoplexy: palsie  
teeth ack: diffnesh: want of smatting  
Clamors of the face: and the  
head deases: the mouth: and  
throate: the infirmities of the  
tounge: whirlinges and Rarsnes  
faintings: in fevers the ptauge  
poxes: and all deases of the  
Stomack: worms: all deases  
of the Belly: immod: Stone  
and all deases of the matre  
the cramp and gout

285

the varrow of coriander seeds  
it is marvelous good for the stomack  
not only resaining the food untill it  
be throlly digested but with all  
doth strengthen and enable it to  
do the same the seed being covered  
over with shouger as comforts  
and taken after meats are of  
great use to close up the mouth  
of the stomock to stay vomiting  
and helps digestings to represse  
vapors that ascendeth from the  
stomock to the head:

it is excellent for thos that have  
the Rematix pins and gout  
the seeds being taken in wine bring  
forth worms: and cures the bloody  
floose or any other extraordinary  
urshew of blood. it is good for the  
windy colick: it moves lust  
and increaseth Naturel seed  
it is said that so many seeds  
that a woman dreameth so  
many dayes will it causeth  
a women Courbe to rise  
but the pice of this herb is posu-  
lether man or beast

# The vartow of the Ash tree

ther is scarce any part about the  
 Ash tree but is good for the dropica  
 Being Drank in wine purges the  
 water: it opens and comforts the  
 Liver and Splin: and easeth pain  
 and Sticks in the Seds: it stops  
 the Belly: and being boiled with  
 vinegar and water do stay  
 Vomiting if they be laid upon the  
 Stomick: the liver taken in wine  
 constantly & every morning  
 makes fine thro that ar over fate  
 the doction of the liver in wine  
 helps to brack the Stone and expels  
 it by degrees: and it cures the  
 jaundice: it increas Natural  
 seed and stores up bodily lust  
 & specially being powdered with  
 Nutmeg: a salve made of the  
 Ashes is good to cure the  
 Lapsie Scabe ich or any other  
 foulness upon the skin being  
 anointed with it three times  
 The vartow of Ladies  
 mantle  
 it is good for stopp bleedings

ointment of it is good for to apply  
to womens breast when they are lax  
makes them round and solid: herb  
dried in to powder and taken in wine  
is good for counds within and without  
it cures burstings in children

### the varlow of gengor

it is Admirable for Disgestion  
looseneth the belly: is good for the  
stomack and good for all things  
that dim and hinders the sight

### the varlow of tar

it is good for all counds and  
Curses: tar applyed to the chik  
cures the teethack: tar water  
is good for decays or consumption  
or for breasts or weaknes with  
in like ways the head or and  
part of the body bathed with  
it cures all counds: scabrichs  
white scall and the leprose

### the varlow of elm tree

the livers or bark boiled strongly  
in vinegar stops bleedings and  
good for all fresh counds it is  
very much valued for the  
leprose white scall or the  
ich: scaldings and burnings

The varlow of the oak tree  
the rins of the bark is good for the  
bloody fluxe: or Spitting of  
blood the decoction of the tender tree  
is good for womens Deafeffs  
the decoction made of the bark is good  
to helpe thos that cut for the Stone  
an Saa made of it is good to helpe  
all manner of wounds: but landish  
oak is not only good for to dye and make  
ink but also being powdered and  
drunk in white wine does dissolve  
the Stone and easeth gravel pines  
in the bladder or kidneys it cleans  
the Stomack

#### The varlow of barly beir

it is of excellent use for suten  
down colds or coughs or shortness  
of breath or whislings weake  
Consumptions and pines within  
and a continuing sore breast

#### The vertow of dorklagow

it is excellent good for decays  
coughs: colds: Shortnes of breath  
whislings: gravel: despleiding  
wine it cleans the breath and  
gives a good voice: cleans the  
blood and the Stomack

the Art of Dying 289  
Recovered by the use of  
herbs

So that herbs is not only good  
for several troubles and diseases  
but also good in the Art  
of dying Cullers  
and there is not a herb that  
grows but it wad yeald a distill  
Culler from one another if you  
had the Art of it  
likewise there is not a tree  
that is planted but the cutting  
and bitts of it is good for  
dying every proper Culler

take a good handfull  
of strawall or according  
to the quantity of yeare  
and this will dye a good  
yellow: and also a little  
anner like to this will  
make a buff Culler

290 yealow culler

take not only Strwal or yealow  
wood but also Brum Blums  
will make a good yealow  
and boile it well and strong  
will turn it into a good rump  
Black culler

Strwal being strongly boiled  
with your yeern or cloath  
and ad a litle caprice to it  
will make a good Black

Another

take a good quantity of  
eck bark and boile it well  
with your yeern and this  
will make a good Brun  
culler: and then ad <sup>or galls</sup> caprice  
to it will make a fine Black

Another

take a good quantity of  
long wood and boile it well  
with your yeern or cloath  
and this will make a wine  
culler but ad caprice



to it makes a good black  
pink culler

291

take a good quantity of Reed  
roops and boil this in your yearn  
this will a baulfy pink and if  
you boil it long it will grow  
into a piece Blum culler

### Green Culler

after your yearn is beeing dind  
a good yealow make a strong  
Joice of Green caill and  
boill your yearn in it and  
you will have a good  
green Culler

### Oringe Culler

take a good quantity of  
oringe litte and boil it  
will but observe in days  
of woaling that you most  
am your yearn first that is  
to say take a litle am and  
put that in your water  
and when it is boild dip in  
your yearn or cloath in it

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and then take it out and then  
Ad to your lills to the same  
water and then dip in your  
yeare out and in often till  
it be the culler that you want  
it to be  
but if it be linning or colting  
it needs no am but after you  
have boilled it with sona  
Apphe then vringe it out of  
the greath and put it in  
your fatt to daye



in carrnet Reed

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take for every pound of yarn  
one ounce of Cushtill and  
as much of wine-stone <sup>or acetyfice</sup> and boil  
it in to brace pan but be shure to  
am it first according to the last  
direction: and you will have  
a ruck in carrnet Reed  
and a good inflam Reed after  
it is done

a good coming Reed

for Every pound of yarn or  
Cloath take half a ounce of  
Cushtill and as much of  
wine-stone and do it in the  
for going manner and you  
will have good coming Re

how to dayie a chipe blow  
for avery little thing -

Blow linning yearn  
after your yearn is boilled  
with sope take one penny worth  
of loughwood for tow pound of  
yearn and boill this with with  
the yearn: and then take out  
your yearn and ad to this on  
pinny worth of verdigrees  
being beet to powder and boill  
it a little befor you put in your  
yearn and then with draw  
the fire a little that it may  
be of the boill then let the  
yearn and it sock to gother  
and then ad again 2 penny  
worth of indgo blow to it  
and this will make it a  
good blow: But if you  
want it a dark blow  
ad to it on half penny  
worth of caprice

how to make Stomack  
ginger 295

take tow pound of the rawst  
of shouger and one pound  
of flour make this in to a  
liuen with shouger water  
with the powder of right  
ginger the powder of Anis  
and the powder of carvil  
and Nutmuge Cinimion  
Coves. and this liuen is  
made with the white of an  
Eage put in it or tow then  
bet it out with a rouer  
a then as you want it  
and befor you put it into  
an oven of befor a fire  
wash it over the upper sid  
a litle brush with shouger  
water and the white of a  
Eage in it to make it glai

how to make fine Swittes

take the same for said powder  
but let your shuger be  
pouer white shouger moust  
the leuen with the force of  
an limmon and the white  
of an eage in to it to make  
them glaise and hard

and Sweet Crim of Sweet  
milk and when you ar making  
them take a little bit of the  
lavin according as you ar for  
making them of a bigness  
roue in it rounge the seed of  
corander: or whit caruill: or  
Cinnauls of anny kind you  
ar for with them: and ~~you~~  
when you have rouned them  
round have a little powder of  
flour and the most of the shuger  
and sit it offen it and then  
roue it again: and then  
sit them in to a oven of  
hef or a fire

How to make Reed wax for  
 take one penny worth of Bees wax  
 halpenny worth of Rosen: halpenny  
 worth of tallow boill all thes together  
 and ad one penny worth of Reed lead  
 and then cast this in to small mols  
 for the purpose the fin wax make it  
 Reed with vermillion.

How to make yeallow ball for bricks  
 take tow pound of chalk and one  
 pound of oaker bruse thes as  
 small and anny flour and with a  
 little starch water make it as the  
 Baker do with his lavin work it  
 will and row it in to round balls  
 and let them stand Nies the fire un  
 till they be hard

How to make black ball  
 take one quarter of a pound of tallow  
 and one penny worth of Rosen  
 and one penny worth of white lead  
 boill all thes together and ad  
 some black till it be pritty thick upon  
 the fire then cast it in mols  
 to make



# how to make ink ball

take one penny worth of gum arabick  
 dissolve this in Ale and then ad to it  
 capprours and galls: boill all thes  
 to gether and make it a good thicknes  
 with lamblack and when it is most  
 coold row it in to little balls but  
 long ~ and when you ar going  
 to write with it cut off a litle clipp  
 and dissolve it in watter in a spoon  
 or a cup with your fingers and then  
 put it in to your ink horn

## for common ink ball

take one penny worth of gum arabick  
 dissolve in watter and ad to it too  
 lamblack till it be thick

## how to make chine black ball

take on chopin of traykle and  
 as much Ale or watter boill  
 it well with a litle flower  
 and take it of the fire and  
 stre in it skute as ~~thin~~ thin  
 and white sope and as  
 much tallow and Rois

how to make Stomack ginger 299  
or tablet

take two pound of powdered Shouge  
and one pound of fine flour  
dissolve white Alesher or fine  
flour starch in cold water; and then  
sterr in you flour and Shouges  
and powdered rough ginger: gomaco  
paper or ~~St~~ Nutmeg or Sinnamon  
untill it be thick as if you was  
making pancakes but not to put it  
one the fire but set in befor the  
fire being dropped in to thin plate  
and let it stand befor the fire  
untill it be firm

how to make Barly Shuger  
take a good quantity of brun  
shuger candy boill and  
dissolve it in water and then  
put in it fine flour and eages  
bet in to an oil and palmicity  
boill all this untill they be  
thick for your purpose

how to make the best kind of  
London candy

take one pint of trayickel and  
put it into a pot: dissolve a Quarter  
apound of white asphess or starch  
in a little water put this into it  
and a little gum arabick and a  
little fine flour and Nutmeg  
and Sinnamon and when these are  
all well boiled together and when  
it is neer cold make this into  
stickes for your purpose

Another

take one pint of trayickel  
and stir in its fine flour  
boill it well and add to it  
3 or 4 eggs well beat in  
an oill and when it is  
well boiled and stir it  
for a while when it is  
growen cold put it in  
a bowl and then you  
may make it into  
any shape as you  
please

the verlow<sup>301</sup> of several  
stones and minerals which  
the loss of Art makes their  
sports with and admirable  
to beholders

the verty of the load stone  
take a load stone in your hand  
and put a Middle in the cleft of  
card and put the card in the  
stock and put your hand below  
that the load stone is in the table  
and move it back and forth  
and the card will come out  
of the stock and walk up  
and down on the table as you  
make your hand go below

Another  
Therpe a knife or a needle  
upon a load stone and you  
may cut without pain  
Load stone is good for tracing  
Should whether it be guald  
or falls: Load stone is also  
good for to draw staves  
glap thorns or any other  
thing that hath gotten  
into your foot

what melarills if for the sons of  
Art to make things appure strange  
Apoint your mouth with the  
Liqued Storax: and then you  
may put in a burning pair of  
tongs with out hurting your self  
you may eat wood coals red out  
of the fire and if thy nes broad  
and you may take pair of bellisses  
in your mouth and blow this fire  
and you will not be brunt

Quick silver Vertow

take Quick silver put a quill full of  
it and stop the ends of it and  
Rest an eage and when it is  
voted take a little of the sheel out  
of the end and stop in the quill in  
tact and as long as thy or head  
in the eage it will capper and  
dance upon the floor as if ther  
were an evil spird in it  
or take a sheep bladder and put  
a little Quick silver in to it  
and then blow it full and then  
warm it and let it go you  
will have spock brought  
from it

~~phosphorus~~ <sup>303</sup> is to show  
take bit of phosphorus <sup>305</sup> real stones  
bigness of pins head: and  
a piece of tallow stick it to the  
edge of a drinking glass  
and then take a candle and  
light it: and blow it out and hold  
the week of the candle to the  
edge of the glass where the taw  
compound is and the candle  
will lighten again as it had  
been at a fire —

Another

take some phosphorus  
and put it with a bit of tallow  
to the week of the candle  
that never was lighted before  
then take a knife or any  
other Iron instrument and  
make it warm: and then  
hold it to the candle and  
it will lighten the  
candle which will be very  
admirable to beholders

all what melon Verlow 304  
Art to m n o l only good for aming  
A p o n t h y e a r n a n d c l o a t h b e f o r  
b y n d l a y e d b u t a l s o g o o d f o r  
m a t t e r s o f A r t . p u t a l l i t l e o f a m  
t n t o a p o t o f s o n n s a n d t h e  
s o n n s w i l l f i l l a l l t h e c o u g e r s  
i n t h e h o u s e 2 p u t a l m i n t o  
a k i r n a n d t h y w i l l n o t  
g e t b u t t e r o f t h a t k i r n t h o  
t h y k i r n a l l t h e r l i f e a t i t  
t a k e a l l t h e b r u n t A l m a n d b e e r  
b r a n d t o p o u d e r a n d m i x e d w i t h  
h u n n y a n d b r o u n s h a g e r i s g o o d  
f o r s o r e m o u t h s a n d t h r o t s  
b r u n t A l m a n d p o u d r e d i s g o o d  
f o r m a k i n g w a t e r w i t h s p r i n  
w a t e r f o r n e a s t i n g g u m a n d  
c l i r i n g t h e s i g h t  
b r u n t A l m i s g o o d f o r t a k i n g  
a w a y p r o u d f l e s h o f a n y  
o u n d a n d b e i n g m i x e d  
w i t h w h i t e s h o u g e r w i l l  
c a r e a n y o u n d



the fiveth part, is to show  
the vertow of severall Stones  
and meniralls

305

the vertow of the philosopher  
Stone

this is a most priceous Stone  
and most strange in its vertow  
this Stone by Rubbing brass it will  
turn it into silver: and Rubbing  
silver with it it will turn it in  
to Gould: and so makes mattles  
more priceous then it was  
before

the vertow of phoustrues  
it is thing kept in water  
and being brought out of d  
it will shine in a dark Night  
like fire: and will Relly take  
fire of its own accord  
and if you anoint the eye  
of an image with it and take  
a candle that was New blown  
out: and held to it: it will  
burn like a fore a quantity of it  
and: and salt pitter: and a little  
of Quick silver put into a bottle  
and closely stopp

306  
and then take out the cork  
and then tuck the Battrep of  
your Breast and they will be  
all in a flame

How to catch many fish  
and make them drunk in  
the rivers  
take a quantity of coklingo  
and a piece of white mill dach  
and leavened with spirits and  
make a netow or tow like smae  
fiches and cast ther in to  
a standing line or place  
where the water gos not shun  
off and in a short time you  
will see the fish turn up  
ther white wombs and come  
to the shore where you may  
get them

Another  
take the oil of terpantere and  
spirits and make up the same  
with dach and do in the  
for said way

# the Art of painting <sup>307</sup>

## the collars for painting

the principle of all whiter is white lead  
of this there is two sorts: the one is called  
Cerule: which is the most pure and  
clean part: the other is called by the  
plain name of white lead  
there is another sort called flake white  
and Spanish whitening

## Blacks

lamp-black: lamp or candle black

ivory black: willow-charcoal

## Reds

Vermillion is the most delicate  
of all lights Reds: being of its  
self a perfect scarlet Red

lake & especially the Dutch sort is the  
best of all dark Reds: being

a most pure crimson: Red Lead is  
the lightest of all Reds now made use

of: Spanish Brown is a dark dull  
Red of horse flesh color it is

an earth being dug out of the  
ground: there is same sort of it  
of a very good color

## 308 yellows

yellow ocker is of low Sorts  
 the one is called plain ocker  
 and the other is called spruce ocker  
 the one is of a most light some call  
 them the other is pink-yellow  
 or pigment, is that called which  
 some call yellow arsenick  
 masticote is a good light yellow  
 for most uses & especially in making  
 greens: of which several sorts  
 may be framed out of this color  
 being mixed with blue

## Greens

Verdigrease is the best and most  
 usfull green of all others  
 Green-bice is of a sandy Nature  
 and therefore of no much use  
 Green verditer is also of a  
 sand counter Neither of these bear  
 any good body: and seldom used  
 but in Landskips when a variety  
 of colors is required

## Blues

Blue-bice bears the best body  
 of all bright blues used in  
 commend work but it is the  
 palest color

Blue verditer is no good color  
and a little sand it is apt to  
turn greenish: and being mixed  
with yellow makes a good green  
indigo blue makes a dark blue  
and mix it with white makes  
a fent Bloue  
smalt is the most lovely Blou  
of all others

umber is a color that is very  
usefull in painting it is neither  
white black red yellow blue  
nor green yet it is usefull  
color in painting

How to paint with gould or letter  
first save with yelow ocker and  
chake: then when it is dred draw  
with a pencil the form or letter  
with fat oil then take out your  
Cook and take the gould life and  
spread it on: and the blow with  
your breath and what is not  
formed will blow to nothing

How to paint with silver first with  
yellow ocker and white lead  
and then draw your or ment  
or letter with fat oil and then  
lay on your silver life and  
then blow your breath on it

# How to mixe<sup>30</sup> Colours for painting

- 1 A sk color is made of white lead and burn black: if you be for a deep
- 2 A lead color take the more black
- 3 A lead color is made of indigo and white
- 4 A color resembling New oaken timber: it is made of umber and white lead
- 5 A flesh color is compounded of lake: and white lead: and a little vermilion
- 6 A base color: take yellow ocher: and white lead
- 7 For yellow green take verdigris alone
- 8 For light yellow green take verdigris and white lead
- 9 For a deep green take verdigris and pink
- 10 For a carnation color take lake and white lead
- 11 For a orange color take yellow ocher and Red lead
- 12 For a light timber color mix spruce ocher: and white and a little umber
- 13 For a brick color: red lead and a little white: and yellow ocher

14 for straw caller take white and  
yellow ocker 311

15 for olive wood is imitated with  
oaker: and a little white vined  
over with burnt amber

16 for the walnut tree caller  
take burnt amber, and white  
vined over with same caller  
aline: and in the deepest places  
with black.

17 Now the callers that is  
already manshined is most  
Excellent good for painting or  
pinting Cloath: paper: wood  
or stone: Except the paper let  
the callers be well mixed with  
linseed oil and wrought and  
granded fine and small not too  
thick nor yet too thine to run off  
when you pat it on

How to pint maps and  
Land-shipt

to know that a light ground  
Requires a dark hair  
and dark ground requires  
a light hair



312  
grounded culler for a picture or  
landship is with light hair is made  
with amber: white: and black

A ground culler for a dark hair  
is made with amber and white  
for ground in a landship  
take pink: ocker: and white  
and a little green verditer

Sky culler in landships  
or made of Smalt: and white  
for the highest Skies: more white  
for the lower Sky: and yellow  
mixed with a little vermilion  
for the lowest of all

waterrey cullers for maps  
in the first place provide a lye made  
with tartar and gum-water  
take the whitest and clearest gum  
arabick steyt in water 3 days  
copper green take the powder of  
french verdigrease

for a crimson culler take cochineal  
a nother culler is indigo  
a nother is yellow gumbege  
another is Red lead.

another is blue vice  
that is a most glorious Red  
Carumton culler named  
carmine

313

vermilion is also most fine scarlet  
brant umber is very good for the  
same purpose

a bees caller or the wings of an  
angle take white and a little lake  
and a little smalts  
When you pent sheed and divid  
your callers by art of drawing it  
darker and darker according as  
you see it Needfull

first befor you put one you  
callers size first over with  
glow and chalk or white lead  
or Spanish whiting or ells mixe  
some of this with indgo blow  
and then when it is dried work  
one your ground caller and  
then your ornaments with  
a pincal  
and when you ar down wash  
your brush and pincal with  
warm water and soap  
befor you pent stopp all fimes  
and holes with pottty or paper  
and batter  
how to keep your made up pent  
on the heat of all fimes put water  
upon the top of the pot and the  
poure it off when you pent

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What oil is for prenting with  
lent seed oil: vernish oil.  
fat oil: oil of vittrall is the most  
for oil: the oil of Actfortice its  
self will make any timber like  
machougnny calles the oil of  
torpeltine: the oil of vittrall  
and the oil Actfortice and  
the oil of torpeltine is the  
only oil for prenting  
Cloath

how to make pomats  
take one pound of beags:  
lard and batt it well with  
a little of hungary water  
in it or else with lavender  
water: and then put it into  
little boxes: and if you  
make it in to stikes put some  
gum araback and ruble  
max it it and row it  
into stikes

how to make black red  
take a lapster and boild it  
with cloath and it will be

315  
how to make black ball  
take lamb black and a little  
of capreus and Gum arabick  
and tallow and a little of ~~wax~~  
boil all this together in ~~Water~~  
and before it be cooled put it  
in cold water and then row  
your sticks or els into  
moulds: to make coman  
Black Ball

take half of lamblack  
and fire just of a pot or pan  
tallow and ~~wax~~ ~~then~~  
how to ingrain any cutter  
in: gles: chunng: delf  
put upon the cutter you  
want with lint seed oil  
before you put it in the fire  
to ingrain looks or bands  
or shields rub it over with  
lint seed oil and put it in  
the fire or upon a hot red  
iron if you give it a slow  
heat it will be of a ridsk  
cutter and if you give it  
a good heat it will be black  
cutter

36  
To make common ink  
take one pennyworth of galls  
and one hopyng woth of caprows  
and beat them in sever water one  
choppen in to a machken of ink  
or boil the water ayt it one the  
stuf. Then lay or three days  
sreen it throw a cleath and  
put it in a bottle with a little  
white shougar in it

to make shining ink

take gum arabick: and Roman  
vitriol: and galls well brused  
put them in to vinegar of small  
bees and a glass of spirits in it  
and a little salt

what things is for making  
ink: gum arabick: capricious  
galls: Nut galls Roman vitrol  
Sandarack

to make red ink

take ground Brazil wood: and rock  
allum and beat them small in  
stall beas or vinegar

Another

take one pennyworth of virmil  
in a little strong Ale

how make gold letter upon paper  
lay a life of gold upon a feather plot  
and drop on it a little vinegar hang  
then work it up to yellow with a  
knif haft untill it is like a paste  
and then put into a oyster shell  
and when you writ with it put  
a little gum water of the seed of the  
gould and mix a little thinly fit  
for your pen —

how to write a secret letter to  
your sweet heart  
write on the back of the letter  
with ink but in the end of  
letter write with milk and  
having directed your sweet heart  
before to hold it to the fire  
then it will appear to be  
readable so by holding it upon  
batuixt yew and the fire will easily  
be read: the face of alimon will  
do the same way with milk

to make shoe ink to make the  
letter

take the white of two eggs

beat them to an oile and a little

all and a little black

and put the mixture in a bottle

and when you want to write  
shoe ink

most and excellent medicines for  
318

For the back 3 kinde vinegar: urine  
salt and hote water and rub his back  
if his back is not broken cut to him  
but if it be holly ar running: take the  
spoon of wine: and tincure of myrrh  
and aloe: with the oil of turpentine  
and bath the place with it now and  
then: and bath very often with  
vinegar for it is a great enemy to swelling  
and putrefication

for the Navel gall

this is a good salving upon the bone  
of the back: make pulvis of honey loaves  
and seeded bran: or tallow and  
turneps made into a salve: or white  
of eggs and flower with greese  
and wash it often with vinegar  
the best healing ointment for hocks  
of a common tortoise: and herring  
and hogs lard  
and French verdigrise

for Swallowe Legs in horses

this is very common deapes to them  
and the best remedy is by pargen  
make a coman alse oil of anits seeds  
of floor of Gramstone and make round  
balls of it with trackle  
and work it of with warm water  
and stroll



for a stone in the bladder  
39  
take whites of eggs and  
white wine vinegar:  
boil this in to a fatter  
common Barbadoes  
in as much water as  
plaster waxes and  
latter to the place  
for a gravel in the  
this comes often by de  
in to the quack and  
up with sand: the  
and make a folve  
rosin Burgum p  
fresh butter yea  
for the gravel in t  
or bladder - ta  
dram mattheu  
bells the will toge  
in to two balls m  
a little trickli:  
and every four h  
water

for the back  
salt and water  
for the back as  
but if it be  
strength of wire  
and along with  
any bath the  
then: and bath  
veniger for it  
and put in  
for the Navel  
this is a  
of the back  
and Sealed  
two rings  
of edges and  
and wash  
the best  
common  
pignus  
hugs  
for Swallow  
this is very  
and the best  
make coman  
flour of  
balls of it  
and work it  
and it will

